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FHM
IT'S GREAT TO BE A MAN

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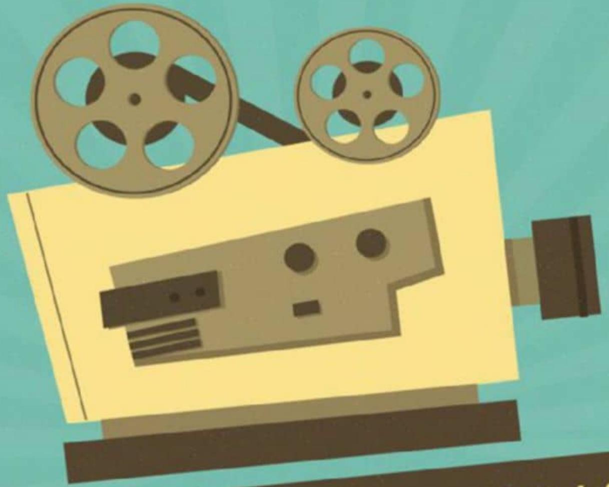
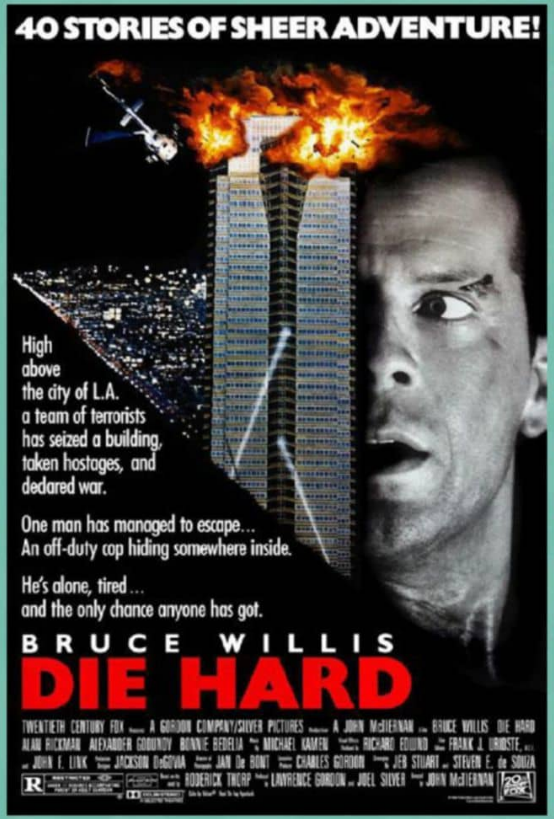


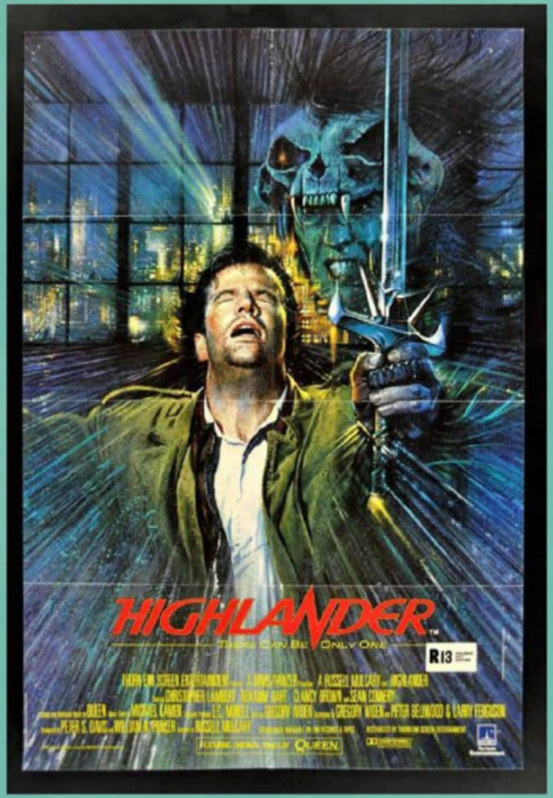
THE GREATEST 80'S ACTION MOVIES You've Got to See AGAIN!

The '80s is mostly remembered for its terrible fashion, insufferable music (looking at you here heavy metal) and just all-around weirdness. But the one thing the '80s did right was action flicks. From stupid plots, to one-liners, to iconic action stars, the '80s was the birthplace of the incredible action genre we know today. That's why we are celebrating our favorite movies from the least liked decade ever.

DIE HARD

Seen by many as the ultimate '80s action film and of course the connoisseurs Christmas movie of choice, the first Die Hard was near perfect. Unlike other movies on this list, our protagonist John McClane was an everyday man, a totally relatable schlub that was in the wrong place at the wrong time. This is still to this day Bruce Willis' greatest role and McClane's cocky charisma and constant one-liners elevated the character to action movie greats. NYPD cop John McClane goes on a Christmas vacation to visit his wife Holly in Los Angeles where she works for the Nakatomi Corporation. While they are at the Nakatomi HQ for a Christmas party, a group of criminals led by Hans Gruber takes control of the building and holds everyone hostage, with the exception of John, while they plan to perform a lucrative heist. Unable to escape and with no immediate police response, John is forced to take matters into his own hands. The plot is basic, but the characters and action scenes are incredible. And let's not forget the wonderful villain Hans Gruber, played wonderfully by the late great Alan Rickman, who was the perfect over the top nemesis to Willis' everyday man hero. Although the sequels became ludicrous action set pieces, the original Die Hard still holds up today and is still highly influential on action movies today.


40 STORIES OF SHEER ADVENTURE!
High above the city of L.A. a team of terrorists has seized a building, taken hostages, and declared war.
One man has managed to escape... An off-duty cop hiding somewhere inside.
He's alone, tired... and the only chance anyone has got.
BRUCE WILLIS
DIE HARD

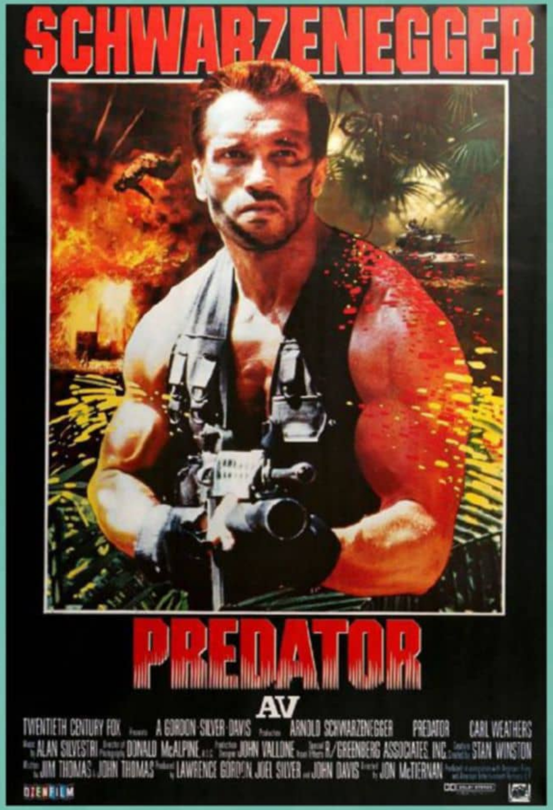

HIGHLANDER
THERE CAN BE ONLY ONE
R13

HIGHLANDER

There can be only one. And that one is Highlander. This often forgotten classic was ahead of its time, blending an epic fantasy story with modern-day action sensibility. Connor MacLeod is one of a waning few survivors of a clan of immortals. The breed have been dueling each other for centuries in the quest to be the last one remaining, and hence achieve a supreme enlightenment that would be dangerous in the wrong hands. In present-day America, the troubled hero MacLeod lives a brooding and lonely existence, having lost his true love centuries ago. The evil Kurgan, an immortal who plans to use his power toward unspeakable ends, has fought MacLeod before but is still trying to finish him off. After emerging victorious from a parking garage skirmish with the third-to-last immortal, MacLeod knows that only Kurgan is left, and the two are on a collision path toward the inevitable. It was a unique story at the time and with the Queen-inspired soundtrack one of the most epic movies of the decade. With '80s movies washed with explosions and guns, it was refreshing to see a movie that focused purely on the art of the sword duel.

PREDATOR

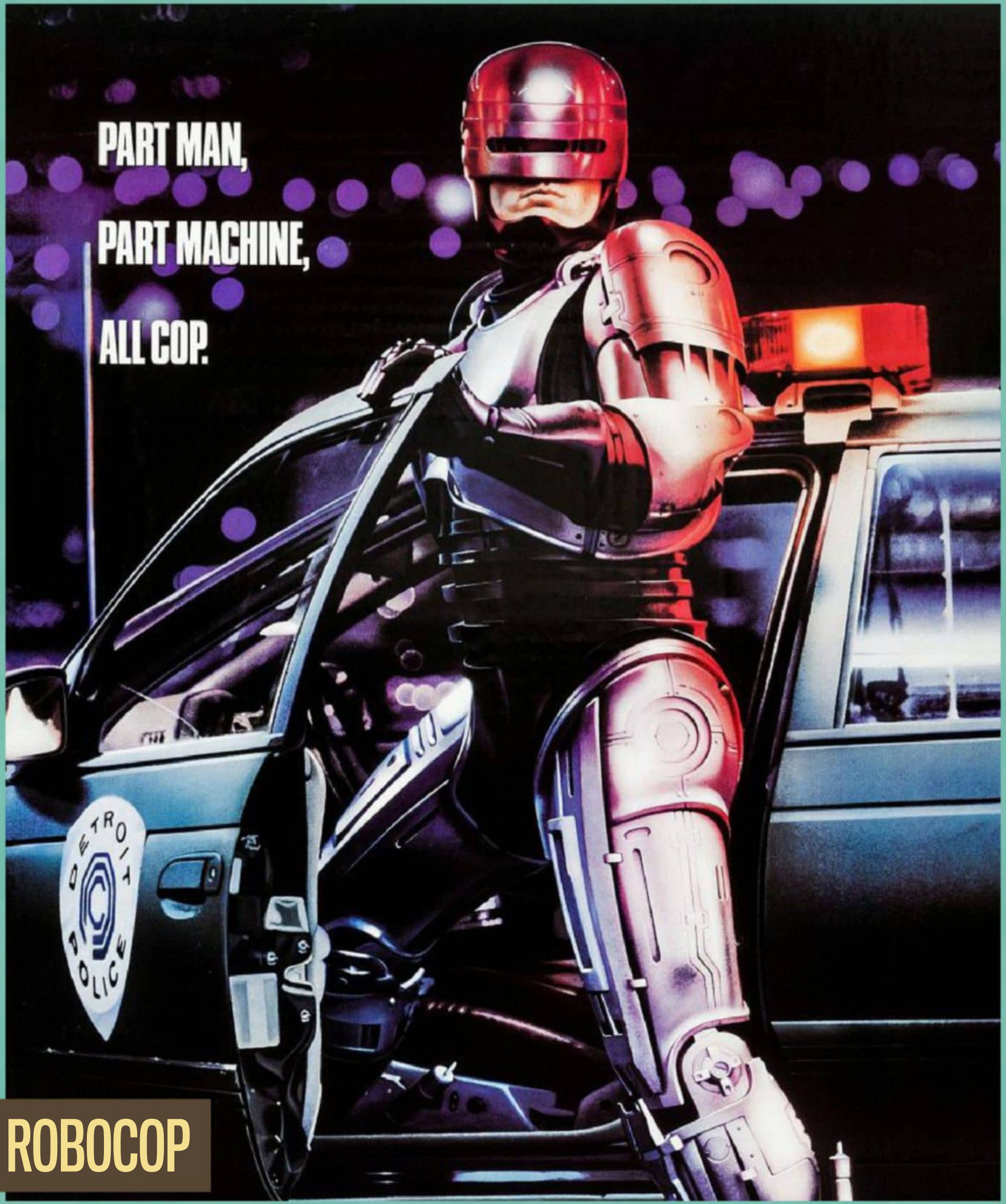
The late '70s and '80s saw the birth of some of horror's most iconic characters, from the Xenomorph in Alien to Nightmare on Elm Street's Freddy Krueger and Jason Voorhees in Friday the 13th. Yet one of the most recognizable monsters came from a muscle infused, action schlock film that starred a very young Arnold Schwarzenegger, the cult classic Predator. The story of an elite squad of commando warriors hunting down an unknown and invisible killer in the dense jungle surroundings is a basic one, but the thrills and excitement comes from the slasher horror trope of each individual army man being picked off in extremely gruesome ways by a seemingly unstoppable alien force. The role of Dutch, played by Schwarzenegger, is perhaps one of his most iconic roles and saw the birth of one of the best and often most parodied Arnold lines ever... "get to the chopper!" Predator is a simple, sleek, action-packed slasher movie that birthed a villain that is still immensely popular today, spawning numerous sequels and spin-offs, but like most movies on the list, the original is still the best.



STALLONE
This time he's fighting for his life.
FIRST BLOOD
SYLVESTER STALLONE FIRST BLOOD RICHARD CRENNA

FIRST BLOOD

No '80s action flick list would be complete without one Sylvester Stallone, an '80s action movie icon. Stallone, along with Arnold would go on to dominate the '80s with their big-budget over the top action extravaganza films. However, the very first Rambo movie was a lot more grounded than what the hyper-masculine, shoot 'em up sort of mindless action that the series would become known for. First Blood is actually a stripped-down and emotional character piece about a veteran grappling with PTSD, and over the course of his journey to the secluded town of Hope, Washington, he's forced to survive in the wilderness once again as he's hunted by law enforcement. Yes, there are action set pieces and classic one-liners, but this was a tragic story of a man unable to cope with his own demons and society refusing to understand or help. The Rambo sequels would entirely lose this personal story and focus on Rambo the one-man army, yet it's the original that still holds up today and is still a fascinating character piece of the post-war trauma man a veteran faces.

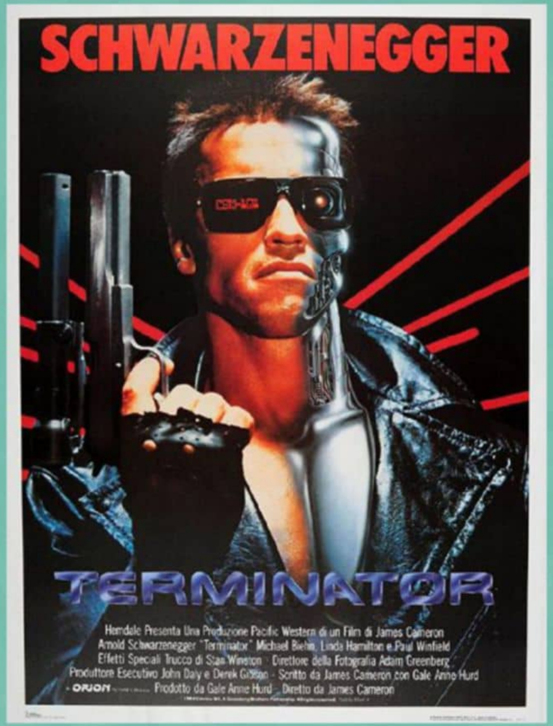


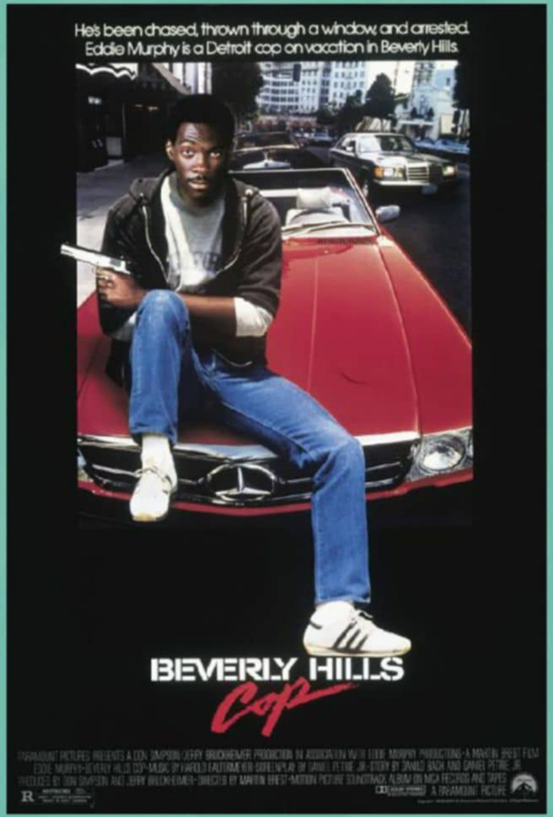
ROBOCOP

The concept of a former policeman becoming an unstoppable robot is as '80s as one can get and Robocop does not disappoint with extreme violence, great set pieces and wonderful one-liners. Yet there is a lot more to Robocop than meets the eye. Director Paul Verhoeven had the unique ability to combine razor-sharp political and social satire with visceral world-building, violent action sequences, and memorable characters. The political satire is still as relevant today as it was in 1987 and a lot of Robocop's made up vision of the future sadly isn't too far off today. Set in Detroit sometime in the near future, the film is about a policeman killed in the line of duty whom the department decides to resurrect as a half-human, half-robot supercop. The RoboCop is indestructible, and within a matter of weeks he has removed crime from the streets of Detroit. However, his human side is tortured by his past, and he wants revenge on the thugs who killed him. Robocop was truly a movie ahead of its time and it is still incredible how it handled the satire of consumerism and aggressive marketing, a deconstruction of political and corporate corruption, and a study at how corporations and regulations can be depleting to humanity and morality. Sadly Robocop's satire is more relevant now than it was 33 years ago.

THE TERMINATOR

From a futuristic robot policeman who wants to save the world to a futuristic cyborg that wants to destroy it. Arnold Schwarzenegger's most popular and well-known role ever, sees a rare turn for Arnold as he actually plays the villain, a relentless cybernetic monster sent from the future to hunt down Sarah Conner. The movie begins in a post-apocalyptic 2029, when Los Angeles has been largely reduced to rubble and is under the thumb of all-powerful ruling machines. Kyle Reese, a member of the human resistance movement, is teleported back to 1984. His purpose: to rescue Sarah Connor, the mother of the man who will lead the 21st-century rebels against the tyrannical machines, from being assassinated before she can give birth. Likewise thrust back to 1984 is The Terminator, a grim, well-armed, virtually indestructible cyborg out to eliminate Sarah Connor. This was the move that catapulted not only Schwarzenegger to stardom, but also gave the big break to director James Cameron who would go on to make some of the most iconic movies in cinema history. And although many would say that the sequel is the superior film, it's the original that truly sets the scene for cinema's most famous cybernetic killing machine. Sadly the series has been turned into a mess of terrible sequels and nonsensical action schlock, but this low budget classic will also be a shining light in '80s action movie history.



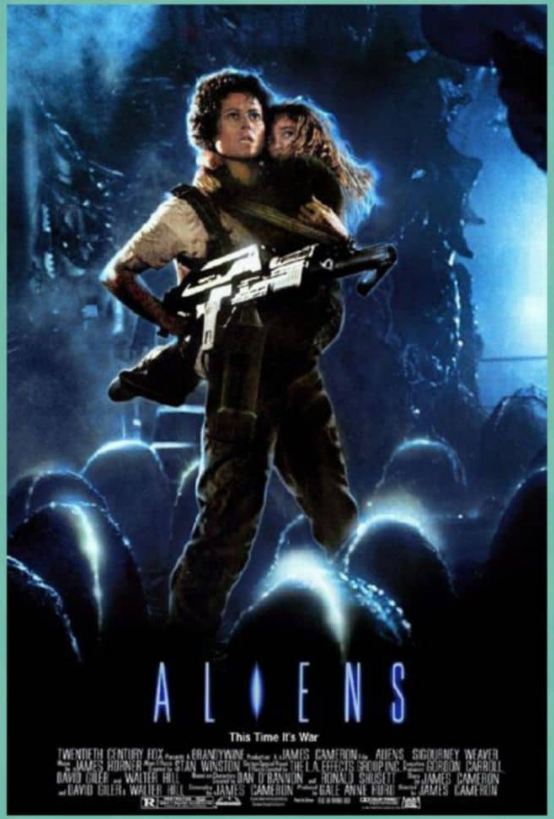

He's been chased, thrown through a window, and arrested.
Eddie Murphy is a Detroit cop on vacation in Beverly Hills.
BEVERLY HILLS
Cop

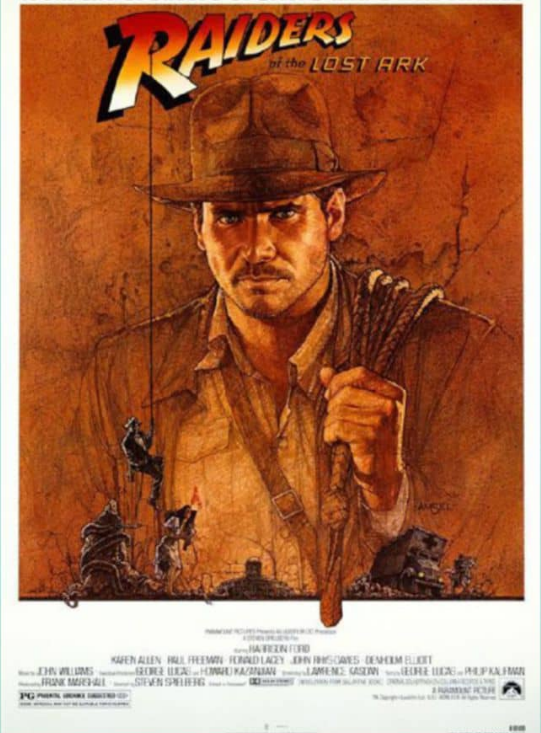
BEVERLY HILLS COP

Many people today may forget that Eddie Murphy was a massive movie star in the '80s and it all truly started with Beverly Hills Cop, a fish out of water comedy with a great crime movie premise, the film follows a Detroit detective, Axl Foley, who's been sent on involuntary vacation because he refuses to drop his intention of avenging his friend's murder. Warned by Beverly Hills police chief Ronny Cox to stay out of trouble, Foley nonetheless dogs the trail of above-the-law Steven Berkoff, the British crime czar who was responsible for the murder of Foley's friend. With the help of sympathetic local cops Judge Reinhold and John Ashton and lady friend Lisa Eilbacher, Foley attempts to corner Berkoff in his mansion. Murphy turned in an incredible star-making performance as Foley and combined his witty and unique humor with some great action set pieces and shootouts. To this day many feel this was Murphy's best character and very few would argue with that. It is a movie that is copied to this day and will arguably go down as the inspiration for many, many more action comedies in the future.

ALIENS

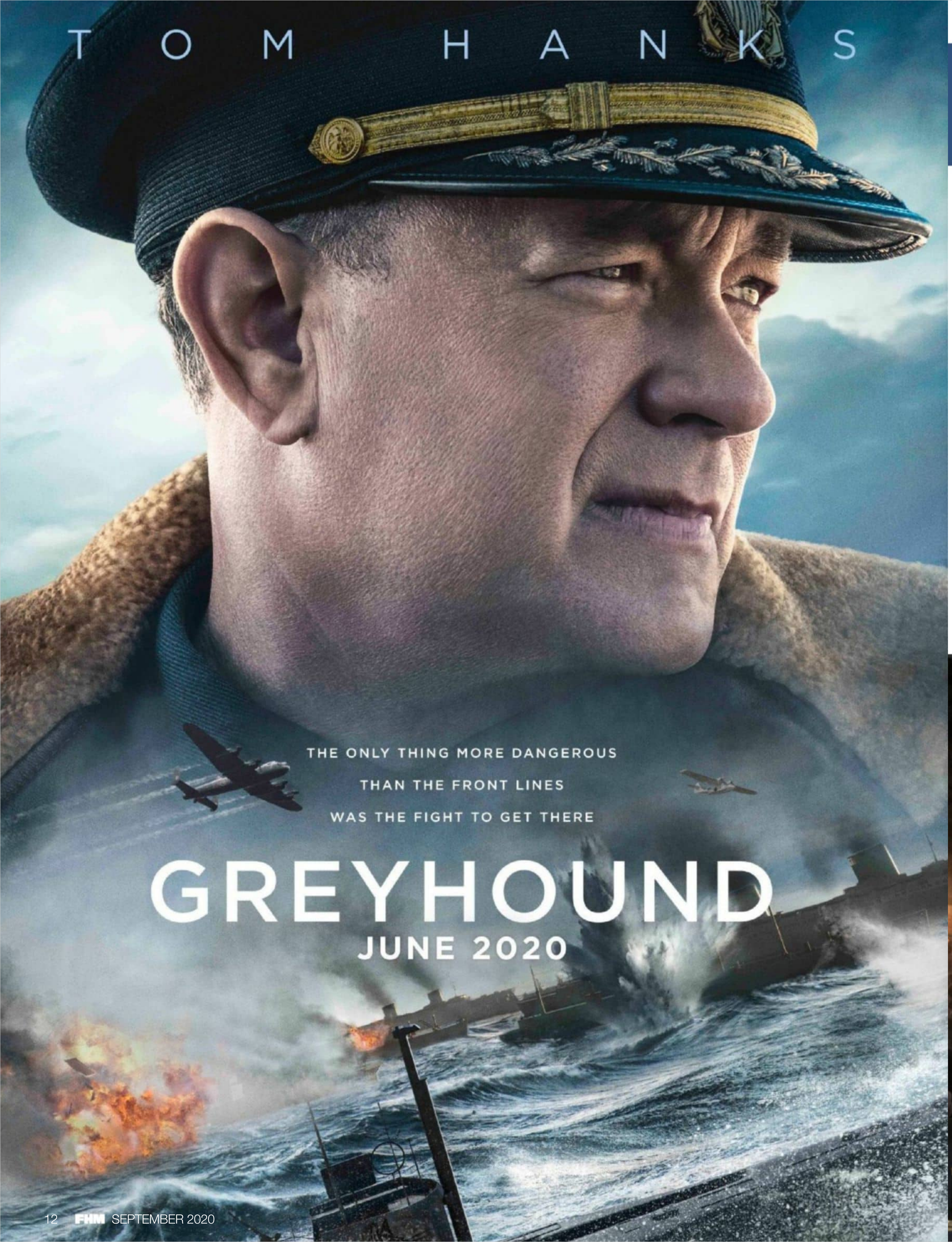
The original Alien movie from 1979 was a truly terrifying experience, mixing sci-fi with a horror slasher film to create a unique experience and elevate Sigourney Weaver to instant stardom. James Cameron, fresh off his sleeper hit Terminator, turns the original horror slasher into an action-packed, ass-kicking machine with Weaver's Ripley turning into a fully-fledged action hero star. Adrift in space for half a century, Ripley grapples with depression until she's informed by her company's representative, Carter Burke that the planet where her crew discovered the alien has since been settled by colonists. Contact with the colony has suddenly been lost, and a detachment of colonial marines is being sent to investigate. Invited along as an advisor, Ripley predicts disaster, and sure enough, the aliens have infested the colony, leaving a sole survivor, the young girl Newt. With the soldiers picked off one by one, a final all-female showdown brews between the alien queen and Ripley. Cameron lived up to his special effects hype and turned in a movie that was not only an instant classic action film, but a special effects bonanza with the massive Alien Queen taking center stage. Aliens is still an incredible film that is yet to be bettered by the numerous sequels.




Indiana Jones—the new hero
from the creators of JAWS and STAR WARS.
RAIDERS
of the LOST ARK

RAIDERS OF THE LOST ARK

Is there a more iconic or more recognized action hero than Indiana Jones, the ultimate action hero. Director powerhouses Steven Spielberg and George Lucas poured all of their love of serialized escapism into an elaborate globetrotting adventure that combines history and mythology. Every environment in Raiders of the Lost Ark has a deep history written into it, and the cheeky sense of humor gives the film a deep emotional authenticity. Set in the year of 1936, Indiana Jones, a famous archeologist, adventurer, and college professor, is hired to receive the Ark of the Covenant by the U.S. government. Unfortunately, the Nazis also want to acquire it, including Indy's personal rival, Rene Belloq. With the help of his ex-lover, Marion Ravenwood they set out on an unforgettable quest and adventure. This is the role Harrison Ford was born to play; the brash, nerdy, wisecracking, and somewhat jaded archeology professor has all the qualities of a classic protagonist, and these are traits that Ford amplifies with his performance. Even though Indy tries to play himself off as a cynic, he cares deeply about the search for these artifacts, and his love for Marion grounds him in a very human way. Raiders of the Lost Ark and it's sequels are still seen as instant classics and timeless cinema that wows new audiences to this day. Some may always see Ford as Han Solo, but for many he will always be the whip swinging archaeologist Indiana Jones.


TOM HANKS
THE ONLY THING MORE DANGEROUS
THAN THE FRONT LINES
WAS THE FIGHT TO GET THERE
GREYHOUND
JUNE 2020

GREYHOUND

A movie review by Asher Luberto

There are certain things you expect when going into a movie starring Tom Hanks. For starters, he always winds up a hero. Astronaut, army ranger, airline pilot, or even Forest Gump – all earn medals of honor for their acts of valor. He also uses familiarity to his advantage. Audiences needn't waste time deciphering the character's moral code, they already know where Hank stands from past films. His trademark is goodwill. In Hollywood, good guys finish first.

Cmdr. Ernerst Krause, Hank's role in the new World War II nautical drama Greyhound, is indeed a good guy, but also a troubled one. Krause is tasked with commanding a Fletcher-class destroyer. Nicknamed Greyhound, the ship is packed with soldiers, canons, radars, and tasked with crossing a dangerous stretch of the Atlantic called the "Black Pit" where no air cover can help them. They are sitting ducks in a sea full of sharks.

Adapted by Hanks from C.S. Forester's "The Good Shepherd" the film rescues the novel's magnificently grim atmosphere while abandoning the more human aspects. The soldiers are shallow in comparison to the depths to which they plunge, which would be a problem if the action was less impressive. Instead, we are swallowed by a sea of stormy waves and gray skies. German U-boats surface, then disappear. Dozens of Allied ships are picked off.

Greyhound dodges one submarine after another and the film evolves into a chase movie, a game of cat and mouse on the high seas.

In the tradition of Das Boot, Wolfgang Peterson's claustrophobic classic about a German submarine crew, Greyhound summons a perfect storm of tight editing, rousing music, and immersive cinematography, as seen when the camera bobs up and down, miming the seasick soldiers. The soldiers add to the atmosphere. Their dialogue is militant. We learn little about the crew, and they know less about each other – a running joke is Krause not knowing the names of his cooks. Apart from a flashback to Krause with his girlfriend (Elisabeth Shue) on Christmas, this is a point-A-to-point-B thriller, as Greyhound crosses the Atlantic in search for air cover.

It's also a movie that makes you miss going to theaters. Hanks reportedly was heartbroken by the film's release on Apple TV, and who can blame him? The sight of torpedoes barreling toward convoys would be even more gripping in a dark auditorium. But it still plays well at home, thanks to operatic visuals and Hank's talent for making us worry about characters we already know will survive. Think about it, has a Tom Hanks hero ever failed his mission? He survived on an island for two years with a volleyball, landed a plane on the Hudson River. And yet we still watch on the edge of our seats. You can expect a lot of things from Hanks. My favorite is invincibility.

THE BEST PROJECTORS

...TO GET FOR YOUR HOME TODAY!

With movie cinemas seemingly closed for a while still, the ultimate movie-going experience might be lost to many. However, with some of the new projectors available on the market today, you can bring the big screen experience right into your home, and watch your favorite films in crystal clear projection. It's the full one cinema experience without the annoying sticky floors, stale overpriced popcorn and rude fellow patrons. *A win-win for everyone.*

LG HU85LA CineBeam

The South Korean tech giant has always prided itself on its screen quality and that pride has shifted over to their projectors as well. The Cinebeam is arguably the best projector on the market, featuring an incredible ultra-short throw that allows for a massive display that is merely inches away from the wall. At 2.2 inches away, the projector will deliver a 90-inch screen size, while at 7.2 inches, you'll get a 120-inch projection. The image quality, much like their televisions, is excellent and incredibly crisp for a projector. The sleek design adds to the overall package and is not an eyesore in one's living room, many might not even know that the projector is in the room. It is very expensive though, coming in at around $6000, the Cinebeam is one of the more expensive options on the market, but the high price tag does give you the best projector currently out there.

Vava 4K Laser Projector

It's rare for a crowdfunded device to see the light of day, it's even rarer for it to give the big tech boys a run for there money. But that's exactly what the Vava 4K Laser has done. Coming in at $2800, it's considerably cheaper than the LG Cinebeam yet offers almost all the features the tech giant has. With a sharp 4K picture and impactful HDR, the Vava's picture quality is top-notch and with its 2500 lumens brightness, it keeps the images looking vibrant. It also comes with built-in smart features, running an older version of Android TV. Although a nice addition, it does feel clunky compared to modern devices. But that is a minor critique as the overall package is fantastic for the price. If you're a first-time projector buyer, then you can't go wrong with this crowdfunded piece of tech.

BenQ TK850

The biggest issue many projectors face is brightness, a weak brightness will make images look washed out and desaturated. This is a problem the BenQ TK850 definitely does not have. Perhaps the brightest projector on the market, the TK850 can output 3,000 lumens of brightness, making for vividly-realized colors and immediately visible detail, even in the daytime. Pumping out a crisp 4K image with some of the best HDR support on the market, the TK850 is an excellent purchase for people who love to watch their movies during the day time or like their rooms lit up at night. Although it lacks smart device features, this is a minor drawback for an otherwise excellent projector.

Anker Nebula Capsule II Mini

Not everyone will have a massive living room or the required space to house a projector, or perhaps some people like to have their projectors portable. For those people, the Anker Nebula Capsule II Mini Projector is the perfect solution. No bigger than the size of an average soda can, this little projector offers enough punch to satisfy any serious movie watcher. Although only outputting 720p the image is still clear and sharp, allowing one to still enjoy all your favorite entertainment. Even if it can't compete with picture quality compared to the 4K powerhouses, the sheer small size and built-in Android TV makes up for this. One slight drawback is the lack of the Netflix app, which due to various licensing issues doesn't come built-in, but thanks to its USB port and USB-C charging port, one can easily sideload a separate device to enjoy Netflix while keeping the projector charged.

Optoma CinemaX P1

On paper, the Optoma's CinemaX P1T is a serious contender for top projector honors, with only a few drawbacks that keeps it from the top spot. A 4K/HDR laser projector, with ultra-short-throw technology and a massive 120-inch display with an impressive 3500 lumens brightness. Throw in a built-in soundbar to make this one of the best sounding projectors on the market. However, there are a few serious setbacks to the CinemaX P1. Sadly this projector does not support 4K streaming from services such as Netflix and Amazon, nor does it handle 4K content off an external device either. For an almost $4000 projector this is a big issue and if 4K is essential to your viewing pleasure then this might not be the device for you. The biggest saving grace however is the exceptional audio quality and if sound clarity is more important than visual quality then the CinemaX P1T is the perfect projector for you.

SONY
4K
SXRD

Sony VPL-VW270ES

The most expensive projector on the list, coming in at an eye-watering $5000, the Sony VPL-VW270ES is an absolute beast of a projector. Using the brand's proprietary 4K SXRD panels to achieve its true DCI 4K 4096 x 2160 resolution. It also includes support for 60fps 4K playback and beefed-up processing power, with faster response speeds and reduced input lag, which is perfect for gamers out there. Offering true HDR10 support, the image quality is exceptional, with fantastic brightness and unparalleled contrast. It's also one of the few projectors on the market that offers 3D, yet annoyingly 3D glasses are not included in the price and will need to be bought separately. If the price is not an issue for you, then this incredible Sony projector is without a doubt the best purchase you can make and is arguably the best projector on the market at the moment.

Rachel
Michele

Rachel Michele | @rachmicfag
Photographer @kevintalleyphoto

HOW EXCITED WERE YOU TO BE IN FHM?

I am beyond excited! FHM magazine has always published beautiful content and having the opportunity to be a part of that is truly exhilarating!

MODELING IS A BIG PART OF YOUR LIFE, COULD YOU TELL US WHAT INSPIRED YOU TO START AND WHAT YOUR JOURNEY HAS BEEN LIKE TO GET TO THIS POINT?

I am a fitness coach and have always preached to my clients that body positivity and embracing the skin you are in is not only important, but it is also empowering. At first, I got into modeling because I loved how I felt in front of the camera. With every shutter of the camera my confidence and love for my body and my spirit grew! I have continued to expand my modeling career because not only is it empowering to me, but it demonstrates to my clients how important confidence and self-love is.

YOU LOOK INCREDIBLE, WHAT ARE SOME OF YOUR FAVORITE WAYS TO WORK OUT?

Back in 2014, I found a love and passion for CrossFit! Being a retired competitive gymnast having the ability to do workout combinations consisting of high-intensity functional movements, gymnastic skills and weight lifting, CrossFit became my absolute favorite way to work out! The past year I have also dedicated myself to triathlon training and have found that swimming and biking are quickly becoming another one of my favorite ways to work out!

WE WOULD LOVE TO GET TO KNOW YOU! DESCRIBE TO US WHAT A DAY IN THE LIFE OF RACHEL IS LIKE?

A perfect day! My perfect day would start with a large cup of dark roast coffee while soaking up the rays from the sunrise. While I take my time enjoying the morning sun I would also spend my morning playing ball with my German Shepherd, Kilo. After I was fueled up with coffee and the morning rays I would get my day going with a workout full of gymnastic movements and weight lifting. I would then have breakfast outside while listening to a podcast. After taking full advantage of a morning focused around me I would go into work to train my fitness clients for 5 to 8 hours and end my day with a nice steak and a glass of wine before I head to bed with a good book.

WHAT ARE SOME OF YOUR FAVORITE THINGS TO DO?

My absolute favorite thing to do is spend quality time with my family and friends. My relationships are extremely important to me and anytime I spend with the ones I care about is my favorite. I also love staying as active as possible. I am always getting into new activities and trying out new sports and hobbies. I also enjoy any adventure outdoors. Some of my favorite activities are wakeboarding, skiing and hiking!

YOU'RE GLAMOROUS AND FUN, WHAT WOULD YOU SAY MAKES YOU THE HAPPIEST?

What makes me the happiest is making other people happy! Whether it be through coaching, training or modeling I am always doing what I can to help improve someone's life or help brighten someone's day.

TURN-ONS

Confidence and Passion!

TURNOFFS

Hypocrisy and entitlement!

WHAT MAKES YOU TICK?

Grit and passion! There is something special about being passionate, but there is something truly unique about having the grit to do whatever it takes to fulfill your goals and dreams!

AS AN ESTABLISHED MODEL, WHAT ADVICE CAN YOU GIVE ASPIRING MODELS OUT THERE TO HELP THEM ACHIEVE THEIR DREAMS OF DOING WHAT YOU DO?

You can do whatever your heart desires! Don't give up when it gets hard or seems impossible. That is the moment that you will learn and gain the most out of your hard work!

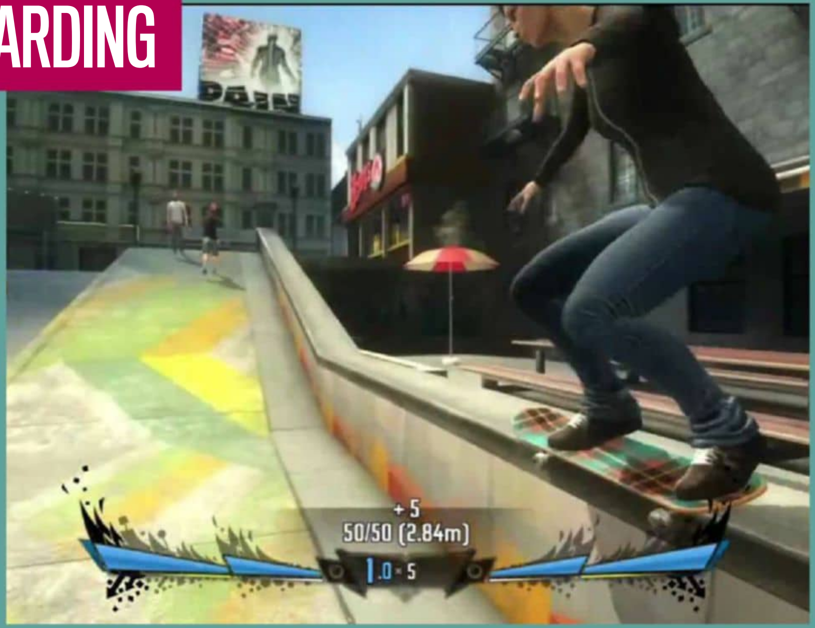
THANK YOU SO MUCH FOR SITTING WITH US AND LETTING US GET TO KNOW A BIT ABOUT YOU! DO YOU HAVE ANY LAST WORDS FOR OUR READERS OUT THERE?

Be bold, be confident, be beautifully you!

Want to see more of Rachel? Then follow her on Instagram @ rachmicfag for all her latest content and story updates!

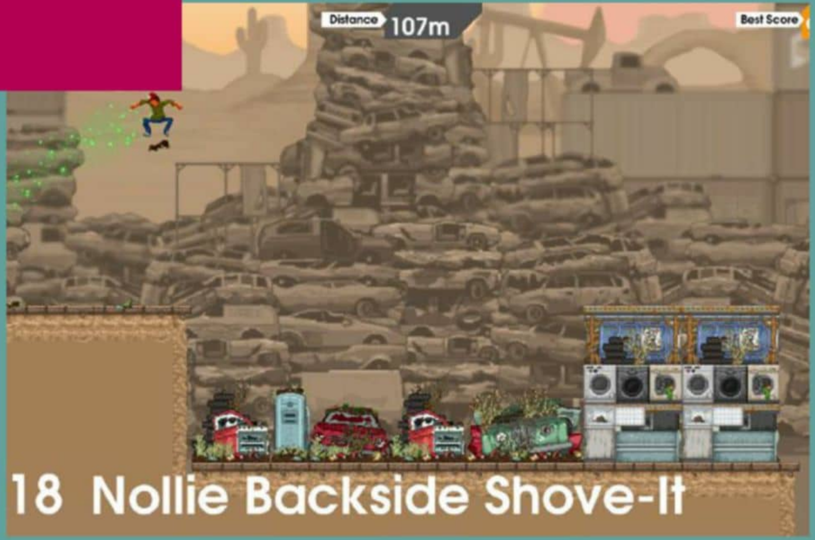
THE BEST SKATEBOARDING GAMES EVER

SHAUN WHITE SKATEBOARDING



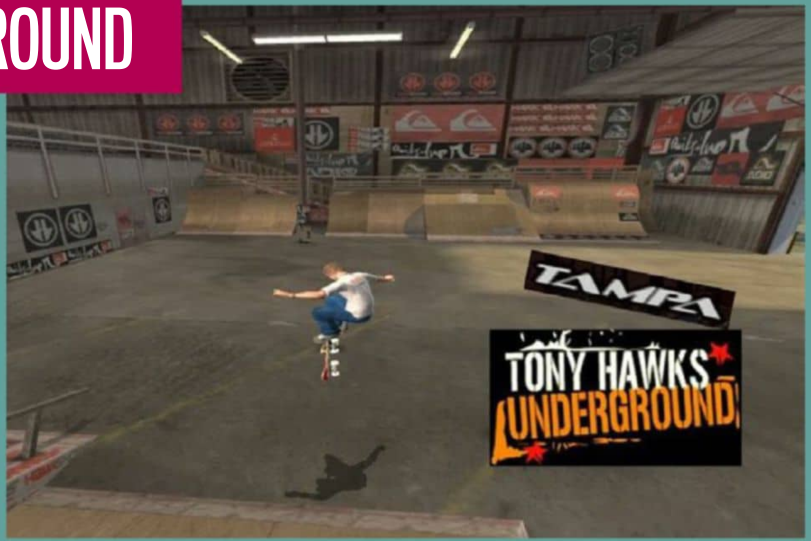
The coolest ginger in the world, Shaun White rose to prominence through his insane snowboarding ability, yet that didn't stop him from making an appearance in the skateboarding world back in 2010. Shaun White Skateboarding is far from a realistic representation of the extreme sport and focused more on easy to pull off tricks and out doing their combos. The story as well is ridiculous, as our fiery redhead finds himself in a world where skateboarding is illegal, and because of this, the color has drained out of the world, leaving all us cool kids to live in monotone black and white. Fortunately Sean White is here to break the rules and bring back color to the world as you skate around, pulling off tricks that magically bring back color to the world. It's over the top, it's silly but it's also a lot of fun.

OLLIOLLI



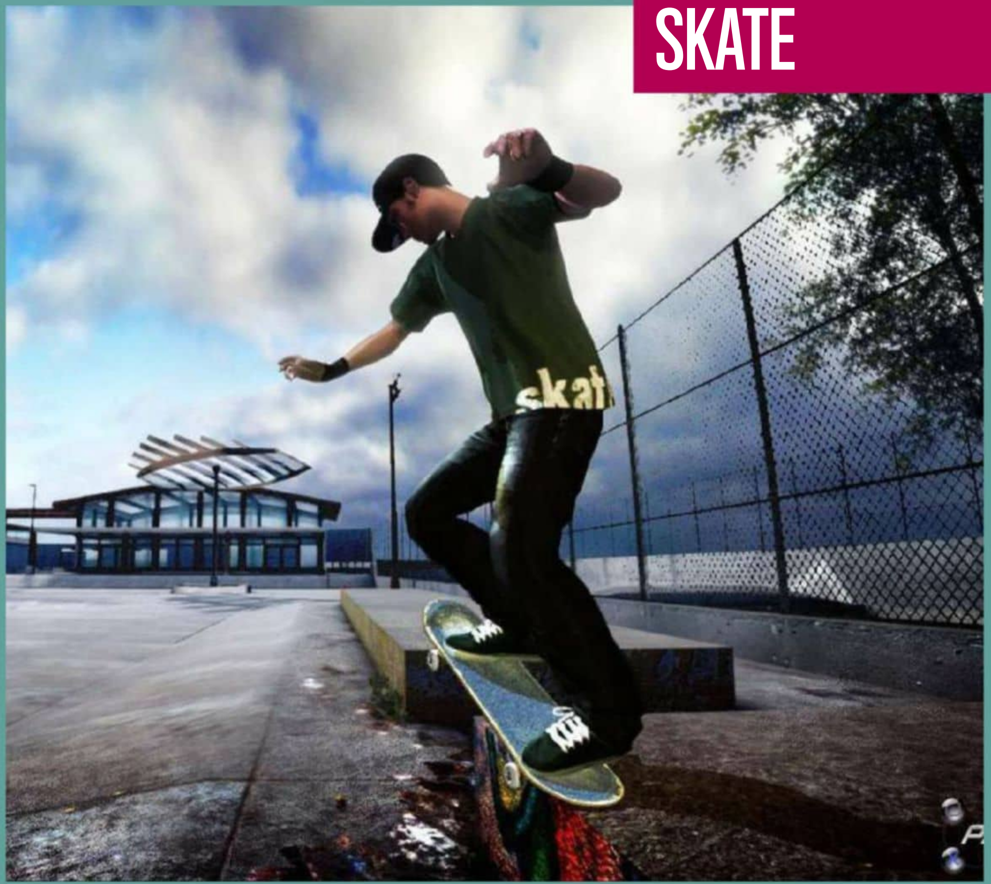
Things don't always have to be in 3D to offer you a satisfying and challenging skateboarding experience. OlliOlli is a basic-looking 2D side scroller with the focus on finesse. Land perfectly to score enough points to progress to new levels. And that's it, no fancy overly complicated button combos or silly story modes, OlliOlli breaks skateboarding down to its simplest form and succeeds for it. Timing is essential and the slightest delay will see your skateboarding hero faceplant into the tarmac faster than you can say OlliOlli. It can be tough as nails, but successfully pulling off a level will leave you wanting more and more. You might say it's the Dark Souls of skateboarding. We are kidding of course.

TONY HAWK'S UNDERGROUND



Underground might not be the best in the Tony Hawk series, yet it brought new features that have become a mainstay in most skateboarding games. It was a game that went out of its way to truly capture the counterculture of the sport. It was one of the first games to let players step off the skateboard, explore places, and do challenges on foot. It brought in customization and a full story mode as well as typically insane arcade trick combinations. It's a colorful and totally gnarly game that took the series in a more silly, over the top direction that might have divided the fans but it was a much-needed change for a slightly stagnating series.

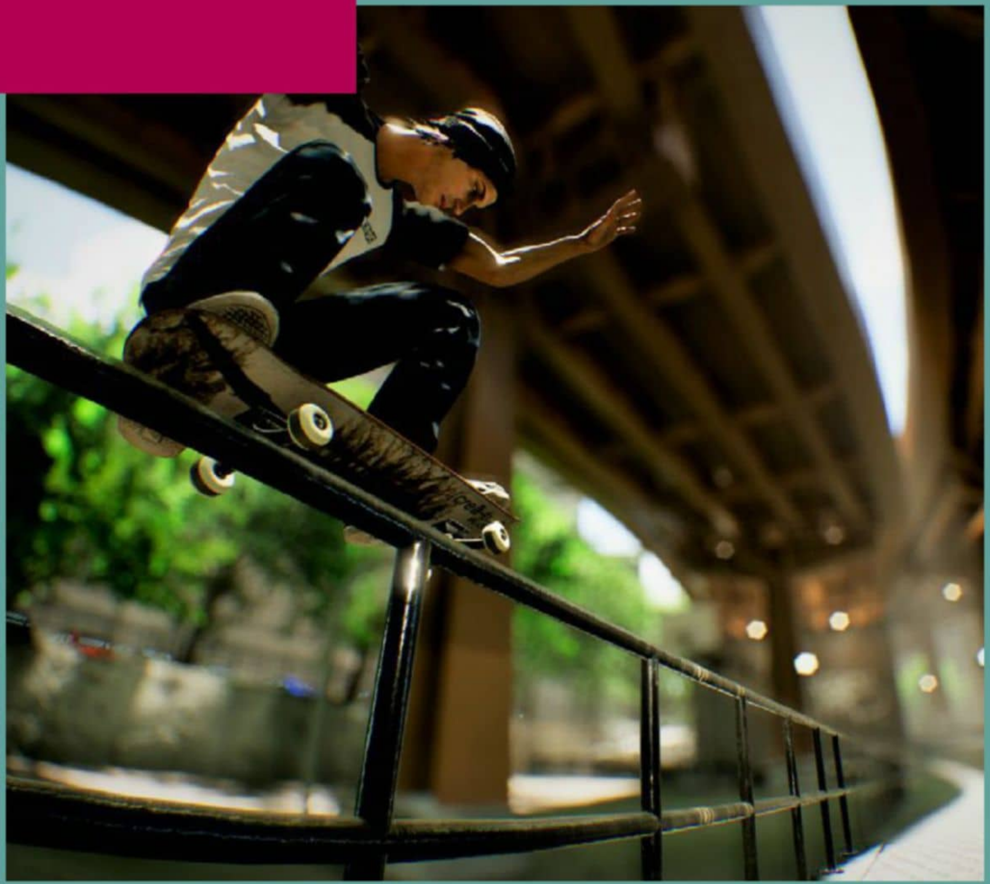
SKATE



As the Tony Hawk series was getting more silly and over the top, EA's Skate went the other direction. This was a game that tried to accurately simulate the sport of skateboarding. The controls moved away from the insane button combos of Tony Hawk and went for a more intuitive flick controls system, with each direction stick taking charge of each foot. It was a genius move as flicking the left and right stick meant pulling off realistic moves just felt right. It also featured a huge open-world instead of set stages and took full advantage of the PS3 and Xbox 360 hardware. Skate started a whole new genre in skateboarding games, the immersive skateboarding simulator, and was the perfect game for skateboarding purists.

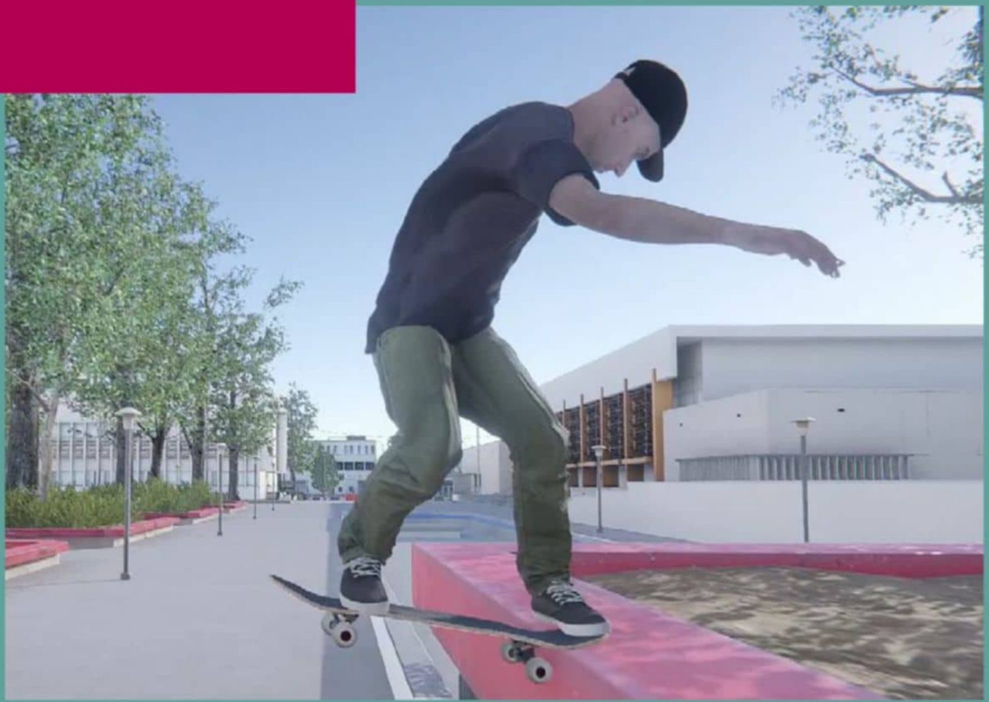
SESSION

If Skate wasn't realistic enough for you then Session would be the perfect game for you. This is a game that sacrifices fun for complete and utter realism and authenticity. A simple kickflip requires incredible finesse, and the learning curve is as steep as a halfpipe. Also, the playable environment is super realistic. Gone are the conveniently placed vert ramps and grindable rails found in other games, this is a true to life setting where you will have to look for the opportunities to pull off your tricks. It's incredibly tough, like real-life skateboarding, and will only appeal to the hardest of hardcore.

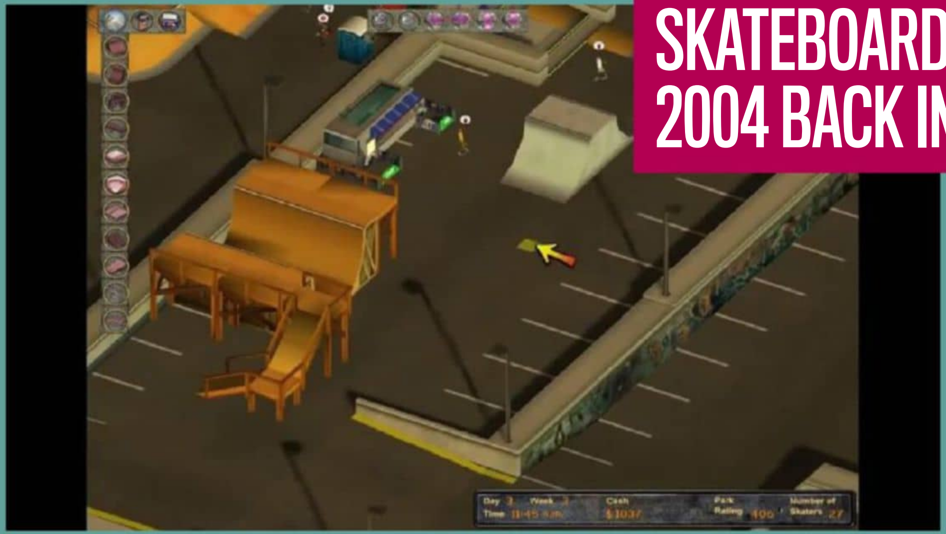


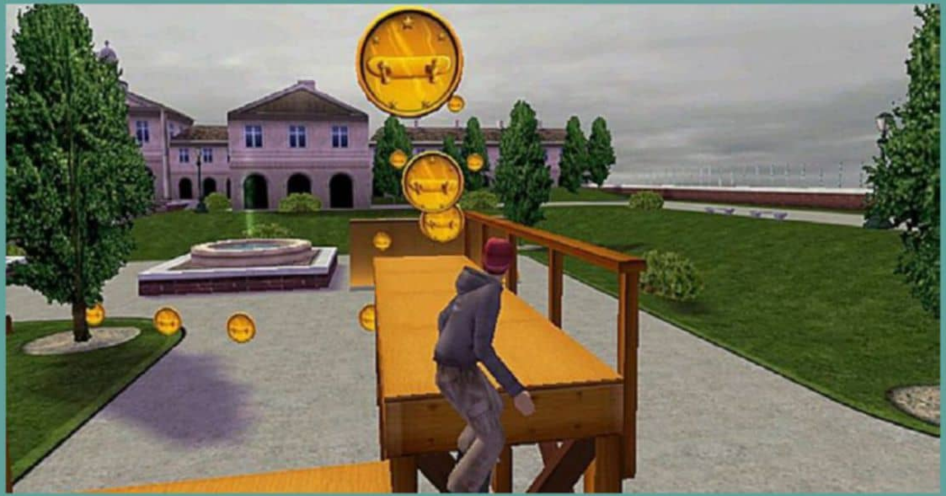
SKATER XL

One of the more recent entries, Skater XL is the unofficial follow up to the Skate series, since EA refuses to release a new Skate game. This game is all about physics-based controls, and much like Skate's system, each foot is tied to a thumbstick, allowing the player complete freedom to do whatever they want with their board. Featuring real-life skate parks and even some of today's top pros, Skater XL might just be the next big thing on the scene. Think of it as a mix of Tony Hawk and Skate but with enough flair of its own to stand tall amongst the skateboarding giants.



SKATEBOARD PARK TYCOON 2004 BACK IN THE USA





And now for something completely different. Skateboard Park Tycoon 2004 Back In The USA's actual skateboarding is quite rubbish, so why is it on the list you may ask? Easy, it's one of the only games to focus more on the management side of skateboarding. The game gives players full control over their own skate park, to design ramps and rails and then invite AI skateboarders in to ride it. It was a breath of fresh air during a time when Tony Hawk dominated and the scene was bombarded with rubbish rip-offs. Skateboard Park Tycoon 2004 Back In The USA brought something new to the table and if owning your own skate park was a dream, this game allowed you to realize it. Although the graphics do look quite dated, there is still a lot of fun to be had 16 years later.

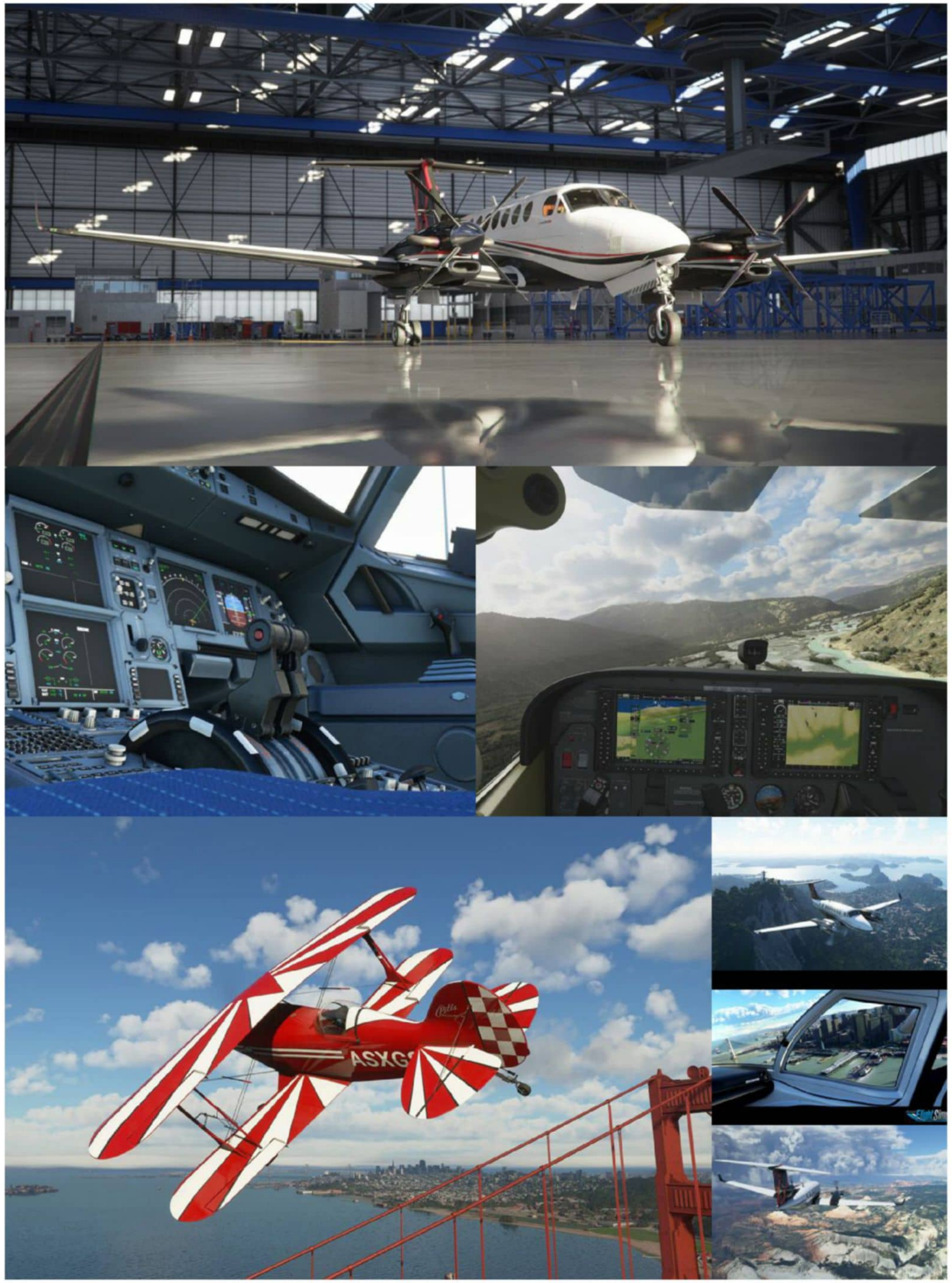
Microsoft
Flight
Simulator

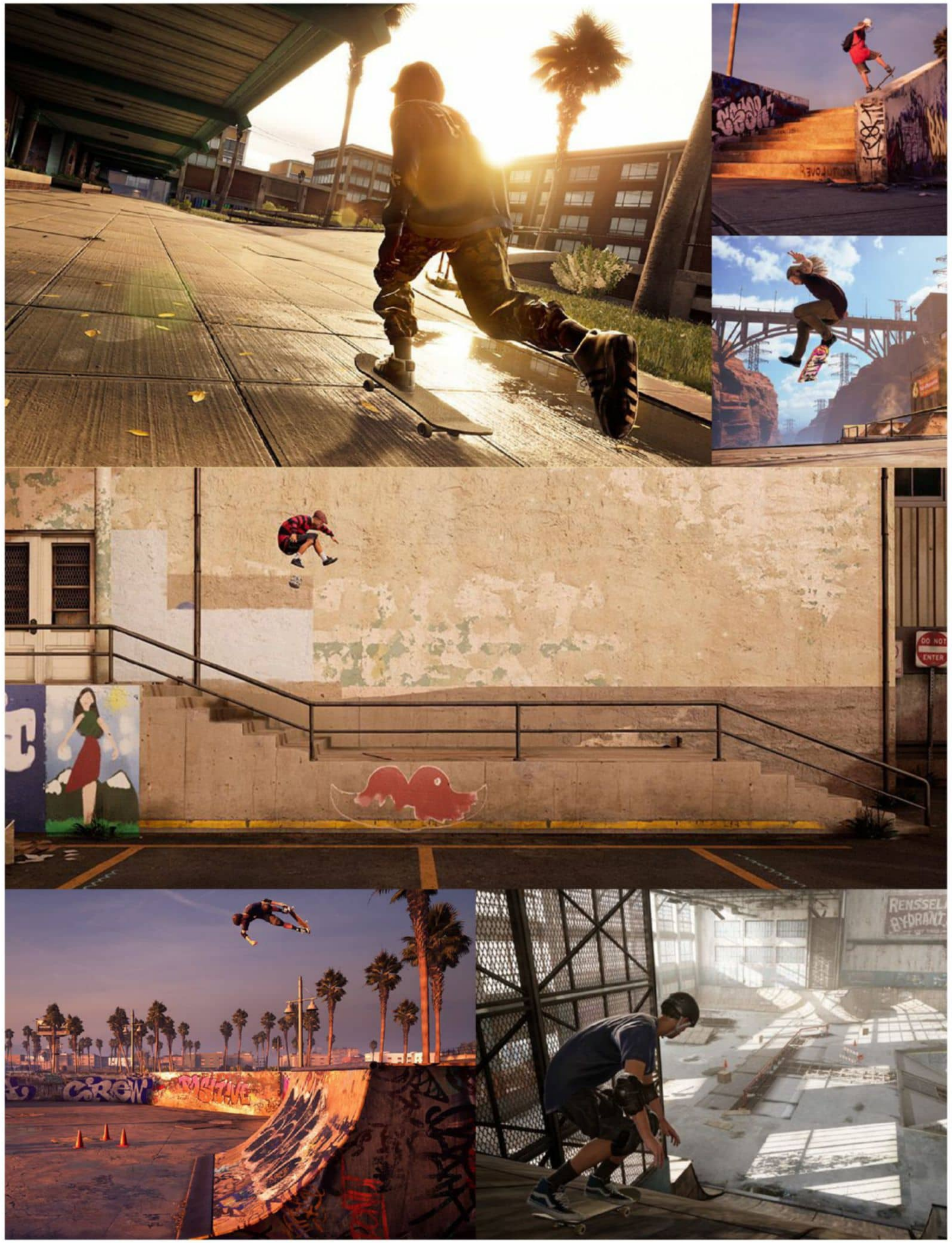
From the dawn of time, man has looked at birds and thought “damn I wish I could fly”. Through the centuries that dream has mostly become a reality, with flying around the globe now a common occurrence. Unfortunately for the majority of us, that means sitting in economy class, fighting for armrest space, and desperately trying to avoid the strong body odor from the guy next to you. Not quite what the Wright brothers had in mind when they took their legendary first flight. Fortunately for gamers, there have always been solid flight simulators that put you in control of an airplane and allowed you to fly wherever your heart desired from the comfort of your PC gaming chair. The most popular series in this genre has been Microsoft Flight Simulator, a realistic take on what it means to be a pilot and in 2020 this legendary series makes a massive return to gaming PC’s around the world.

From light planes to wide-body jets, you’ll get to fly highly detailed and accurate aircraft in the next generation of Microsoft Flight Simulator. Test your piloting skills against the challenges of night flying, real-time atmospheric simulation, and live weather in a dynamic and living world. Create your flight plan to anywhere on the planet. Microsoft Flight Simulator includes 20 highly detailed planes with unique flight models and 30 hand-crafted airports.

The first thing you’ll notice when booting up Microsoft Flight Simulator 2020 is the eye-popping visuals. With vivid and incredibly detailed landscapes, you’ll be instantly immersed in the vast and beautiful world that is our planet, with over 37 thousand airports, 1.5 billion buildings, 2 trillion trees, mountains, roads, rivers, and more. The planet has never looked better from high above. The developers have gone to painstaking detail to accurately model the planet based on highly detailed satellite imaging as well as live traffic, real-time weather, and animals. It’s an incredible feeling when you are flying over Paris at sunset and you see the Eiffel Tower approaching in the distance. But of course, pretty pictures don’t necessarily make a good flight sim, but fortunately, Microsoft Flight Simulator allows you to hone your pilot skills in a variety of aircraft from light planes to commercial jets with comprehensive flight models. Every aircraft includes highly detailed and accurate cockpits with realistic instrumentation. From pro to beginner, you’ll be able to scale your level from full manual to full assist with interactive and highlighted instrument guidance and checklist. The new weather engine enables users to switch on the live weather mode to experience real-time weather including accurate wind speed and direction, temperature, humidity, rain, and more. Plus you’ll experience the true magic of flying a massive Boeing across the Grand Canyon with a state-of-the-art physics engine with over 1000 control surfaces per plane that allows for a truly realistic experience.

Microsoft Flight Simulator 2020 is an incredible game, it’s that simple. From gorgeous graphics to super detailed flight mechanics, this game has everything and more that fans of flight could dream of. Even if you don’t consider yourself a wannabe pilot, just to experience this game in full flight is highly recommended.





TONY HAWK'S
PRO SKATER 1+2

For anyone that owned the original PlayStation back in 1999, the name Tony Hawk will bring up nostalgic memories of late 90's radical, gnarly punk rock tunes and one of the best skateboarding games ever made. The original Tony Hawk Pro Skater was like no other skateboarding game. Featuring the biggest name ever to don the kneepads and dominate the halfpipe, the birdman himself Tony Hawk was joined by the world's leading skaters in an arcade fueled, point-based trick lead action romp through some of the best skating locales ever put in digital format. It was a game that anyone could pick up and do crazy ollies instantly all while building up a ridiculous score via the systems trick multipliers. Tony Hawk Pro Skater had that magical "just one more go" feel to it and people would stay up all night passing the pad around with their friends trying to beat each other scores. The series would see numerous sequels throughout the decades, but sadly none of them truly captured what made the original so fantastic.

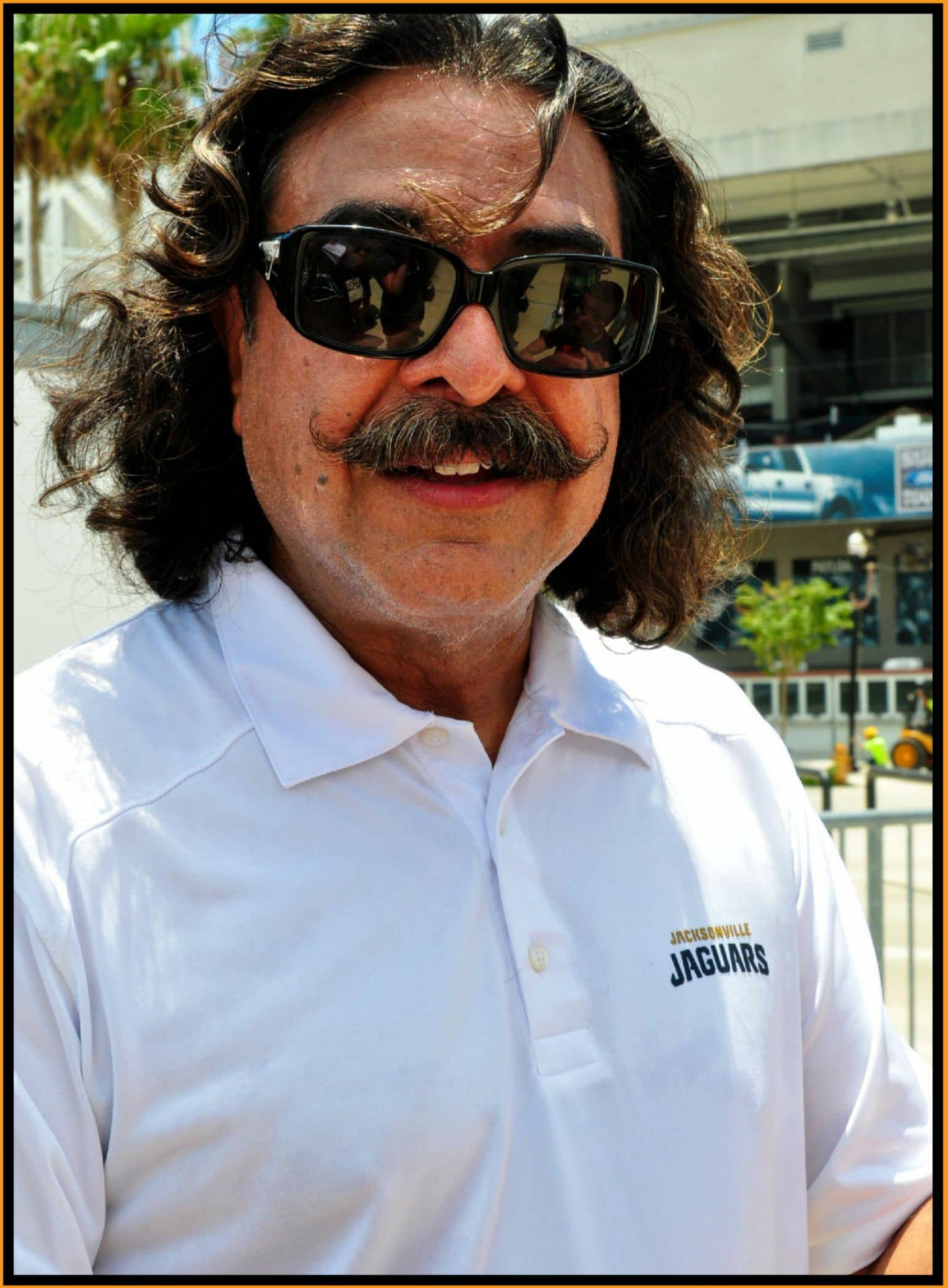
However, 21 years later the first two games in the series make a very welcome return with a complete, from the ground up, remake in Tony Hawk's Pro Skater™ 1 + 2. The remake blends all the original levels, old-school tricks with beautifully recreated levels to provide fans with stunning gameplay experiences. All the original stages are featured in glorious 4K detail from the famous warehouse intro stage to the unofficial alien storage site known as Area 51. Of course, it's not just the original stages that have made a comeback, all the original skaters are featured as well, from the birdman himself to legends like Kareem Campbell, Bucky Lasek, Elissa Steamer and more. A nice touch to this is that the developers have aged the various skateboarding heroes accordingly, so they all represent their older modern selves. Also making a successful return is the epic soundtrack, featuring all but three of the originals very 90's punk-influenced background tunes. But a lot has changed in 21 years in the skateboarding music scene and the developers have included 37 brand new tracks featuring modern hits like Machine Gun Kelly's Bloody Valentine and Alex Lahey's Misery guts. It's an eclectic mix of '90s meets modern and it works incredibly well.

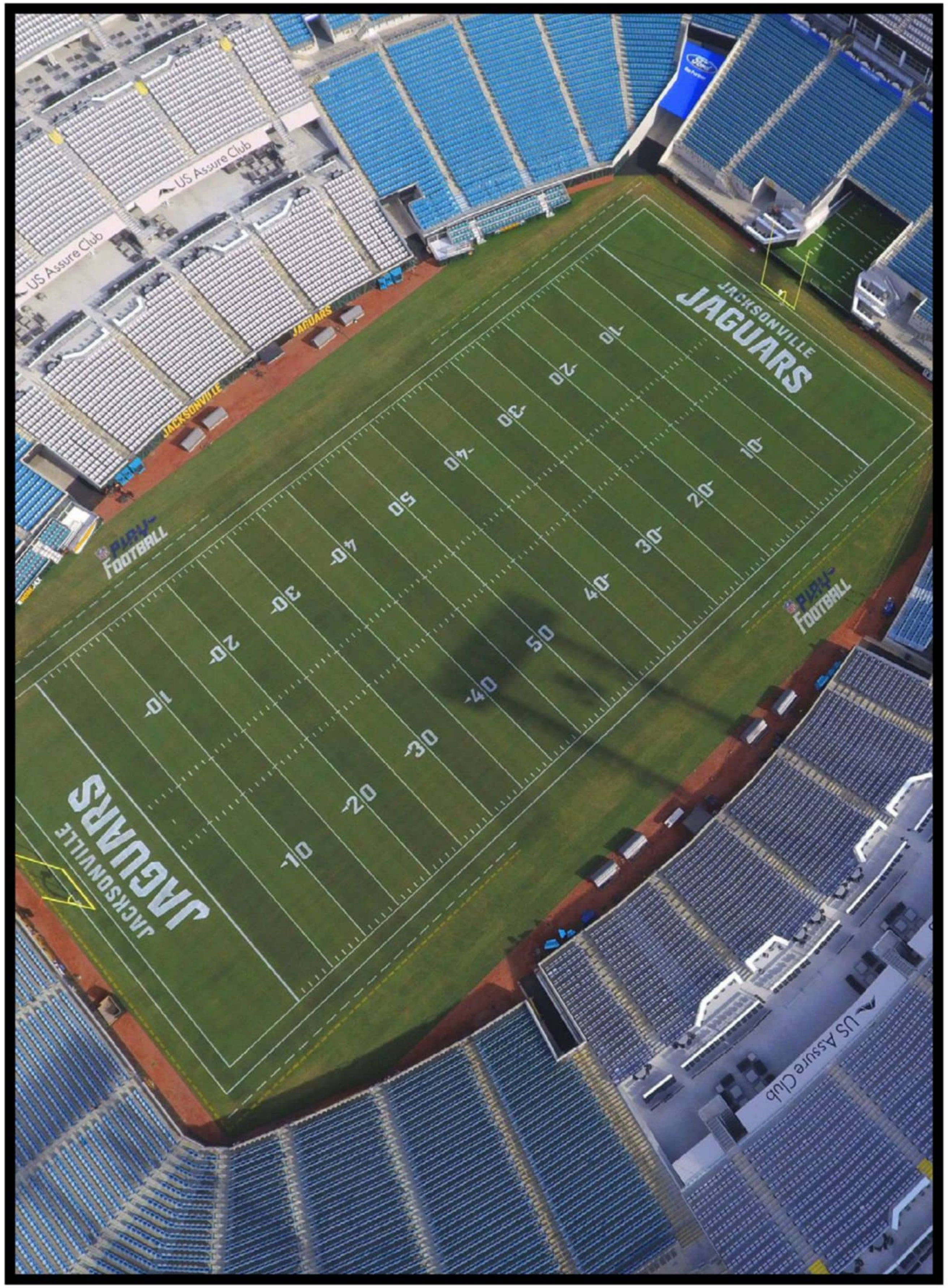
The game will also integrate fan-favorite features from games across the entire original franchise, not just the first two games, including revert, lip tricks, wall plants, and original multiplayer game modes, both online and for local couch play. Create-A-Park, featuring a robust editor to enable new ways of customization, and Create-A-Skater modes are also back with the remaster. Players will be able to share parks online with friends and outfit skaters with customization options.

In the last few years, we have seen a considerable amount of remakes and remasters, some were incredible yet others felt like quick cash grabs. Fortunately Tony Hawk's Pro Skater 1 + 2 falls into the former, it's a loving recreation of one of the most beloved gaming series ever to grace the consoles and will thrill old and new fans alike.

RISE OF THE KHAN

Many rags to riches stories start with an individual who came from nothing and climbed their way to the top through sheer determination, talent, and a lot of luck. However this story is slightly different, this story is of a man that came from something, then by choice had nothing and adapted to his new life to become one of the most successful men in American business history. This is the story of Shahid Khan, a Pakistani-American billionaire and business tycoon.





Lahore to The Y

Shahid Rafiq Khan was born on July 18, 1950, in Lahore, Pakistan to a middle-class family. His father was an entrepreneur and lawyer by profession and his mother a maths teacher by trade. After inheriting money from his paternal grandfather, Khan's father started his own law school, hoping the young Khan would follow in his steps and study law. However, the youngster had dreams that were too big for his hometown Lahore. Khan fell in love with the American dream and desperately wanted to move to the States to further his studies and chase down his fortune. After much deliberation and eventually securing the funds to send their young son on his future path, a 16-year-old Khan boarded a plane to Chicago, not knowing what the future would hold for him. Upon his arrival in the United States, Khan was dropped off in the small campus town of Champaign, home to the University of Illinois. The young Pakistani boy was on his own, not sure where to go. His first plan of action was to find accommodation, a local Union Hotel was his first stop, however at $9 a night, this was way too expensive for the 16-year-old and he would eventually find a place to rest at the local YMCA, which was only $2 a night and slightly within Khan's budget. As he laid down his head that night, Shahid Khan was determined that the next day would be the first day of his hunt for the American dream. That dream would start with a $1,20 an hour dishwashing job.

Varsity Blues

Life in American would be an instant culture shock to the young boy from Lahore. Not only was he in a foreign country, with foreign cultures but also foreign weather. The day before Khan arrived in America, Illinois would see one of its most severe blizzards in history, with 2 feet of snow within two days. This was the first time Khan ever experienced snow, let alone a town completely covered in it, compared to the intense heat of his native Pakistan. However, he would embrace this change in environment, adamant not to just be another stranger in a strange land. In an unfamiliar environment, most humans cling to others like them. It's comfortable in a time of a difficult transition. Khan took a different route. Instead of seeking others who could relate to his immigrant story, Khan signed up for fraternity rush as soon as he could, eager to meet people who weren't like him in his new home. He signed up for the Beta Theta Pi house, traditionally an all-white Anglo Saxon Protestant fraternity. It was here that he would embrace various American cultures, from racing cars to sports that were quite foreign to him. In Pakistan, cricket was the main sport, in Illinois, it was football and basketball.

A Bumper of An Idea

While studying to become an electrical engineer, Khan got a part-time job at an automotive manufacturing company called Flex-N-Gate and upon graduation, the 21-year-old was made a permanent hire as a manager at the company. Khan spent seven years overseeing production at Flex-N-Gate and he didn't like what he saw. Their bumpers were inefficiently manufactured. He used his background in engineering to tinker with the process and make it less complicated. What he eventually came up with completely revolutionized the business. Rather than making a bumper from a bunch of different parts, Khan came up with a design that was crafted from a single piece of steel, slimming down a truck's rear end and improving the vehicle's fuel efficiency. In 1978, Shahid took out a small business loan and set up shop for himself. He called his new company Bumper Works and customers flocked to him from the get-go. General Motors needed his bumpers to help them slim down their Chevy LUV pickup truck to make weight requirements. Chrysler needed to lighten up its Dodge D50. Both trucks sought Khan's slimmer, lighter bumper to solve their problems. However, Flex-N-Gate wasn't going to let Khan go and set up a competing shop so easily. They sued him for stealing trade secrets. Knowing an injunction would cripple his new company before it ever really got off the ground, Khan hired the cheapest attorney he could find and then spent nights in the law library at his alma mater, crafting a defense after long days overseeing production at Bumper Works. This legal battle went on for two years. Khan won each case, fighting them instead of settling. The strategy paid off. After the Illinois Supreme Court declined to hear Flex-N-Gate's second appeal in 1980, Khan bought out his former employer and nemesis entirely. Even outside of this costly lawsuit, Flex-N-Gate had been losing $50,000 a month. It was bleeding cash and assets just as Khan's company was taking off. That was one competitor down. Khan combined Bumper Works and Flex-N-Gate and made a list of his competitors.

Soon after, a deal with GM threatened to put his business under. They wanted to use Khan's bumper design across their entire line of vehicles. There was no way Flex-N-Gate could ramp up production fast enough to make that happen. GM had his design and would use it, they had no use for the small business Khan founded. But Khan wasn't going to let it go that easily. Isuzu was going to begin importing a low volume of cars and trucks to the U.S. Khan asked GM to put him in touch with Isuzu. They did. Khan turned to his alma mater once again, hiring some Japanese computer science Ph.D. students to travel with him as interpreters. He slowly gained the trust of the Isuzu executives at just the right time. The Japanese carmakers were about to make their push into the U.S. markets in a big way. They needed suppliers. As the Japanese import market grew, Khan's business grew with them. After he landed Isuzu, Mazda soon followed. Then, he hit the big time, landing Toyota as a Flex-N-Gate client. By 1989 he was their sole bumper supplier. By 2001, the company's sales were topping more than $1 billion per year. Not everything has gone smoothly. There have been some tax issues along the way relating to tax shelters and back taxes. But all that has been resolved. Today Flex-N-Gate's parts are in more than two-thirds of the 12.8 million vehicles sold in the U.S. every year including models from all three big American automakers. In essence, Khan conquered both Japan and Detroit.

From Football Fan to Football Owner

Having become a massive football fan since his varsity days, Khan was turning his eye team ownership. As Khan's wealth grew, he periodically checked the present valuations of NFL teams, wondering if he was rich enough yet to buy one. He had ideas as a fan as to what this team or that team should be doing to be more successful. Then he reached a point where he realized financially, ownership might become a possibility. In 2010 Khan won the bidding for a 60% stake in the St. Louis Rams. However, real estate billionaire Stan Kroenke, who held a minority stake, had the right to match any offer for the rest of the franchise. At the last second, Kroenke exercised that right, shutting Khan out. In total Shahid spent more than two years negotiating his deal for the Rams. All for nothing. There turned out to be a silver lining to that deal going sour. Right after Khan lost out on the Rams, Jacksonville Jaguars owner Wayne Weaver approached him to let him know he wanted to sell his team. Weaver was tired of fighting the inherent difficulties in the Jacksonville market. Even back in 2010, the Jags were considered the franchise most likely to relocate to America's second-largest metro area, the one who has not had an NFL team since 1995, Los Angeles. Khan had learned a lot from the Rams deal and when the opportunity to purchase the Jaguars was presented, he moved fast. In October 2011, the final price for the Jacksonville NFL franchise was hammered out on a cocktail napkin in the bar of the Omni Jacksonville Hotel. Khan agreed to an all-cash deal of $620 million plus he would assume the $150 million of Jags' debt. He took out $300 million in loans against Flex-N-Gate to make the deal happen.

As owner, Khan set out to turn the Jaguars around not just on the field, but amongst the fans. He wants to shake the reputation the Jaguars have as a failed franchise. They've offered a number of promotions under Khan's ownership, like college-themed nights for Florida Gators fans that include a meet and greet with Gator alumnus Tim Tebow, the ability for fans to bring outside food into the stadium, and free admission for toddlers. In the summer of 2013, Khan bought another troubled professional sports team– the London soccer club Fulham F.C. of the Premier League from Mohamed Al Fayed. The deal was finalized on July 12, 2013, with the amount estimated between $150 and 200 million, the official purchase price was not disclosed. Fulham faces similar perception issues as Jacksonville does. Khan is up for the challenge.

Khan realizes he is the epitome of the American dream. He worked hard, tenaciously created his own luck, and built a 7 billion dollar personal fortune. His flowing black hair, handlebar mustache, and sunny smile reflect the deep satisfaction Khan has with what he's been able to achieve. While much of the manufacturing industry in the Midwest's rust belt deteriorated over the last 40 years, in that same time period, Khan built a multi-billion dollar company from the ground up, becoming one of the biggest automotive parts suppliers in North America. Khan employs more than 13,000 people at 52 factories around the world.

EverBank Field
EverBank Field
EverBank Field

KISMET
KISMET

Heidi Lavon

Photographer James Marshall Ramsey | @james_m_ramsey
Hair Tiffany Brickley | @topknothairpdx
Wardrobe Honey Birdette | @honeybirdette
Nails Christi | @polishedinportland

WHAT AN ABSOLUTE HONOUR TO HAVE YOU FEATURE! HOW EXCITED WERE YOU TO BE FEATURED AS OUR COVER FEATURE?

It's kinda crazy actually! I never thought a heavily tattooed model like myself would or even could break into the mainstream magazine world! I'm extremely proud to be representing the alternative crowd out there and I'd love to see more of my kind of look welcomed more into the mainstream!
So I guess you could say I'm STOKED! :)

MODELLING IS A BIG PART OF YOUR LIFE, COULD YOU TELL US WHAT INSPIRED YOU TO START AND WHAT YOUR JOURNEY HAS BEEN LIKE TO GET TO THIS POINT?

I've always loved to model! It was more for fun at first then trickled into quite a business for myself. Modeling turned into Photographer, then photography turned into Podcast Host and so on and so forth! I really haven't stopped this grind for the last 10 years! It's nice to still be relevant for as long as I've been at this whole thing. It's inspiring for me, it's fun, and it helps me celebrate my sensuality as a woman. I think that's really important for people to embrace their sexuality and that part of themselves and not be ashamed of it. It's something to be celebrated especially in this day in age. Just because people choose to show off their skin doesn't mean they don't respect themselves. This is the best time to be alive - so we should all be embracing this kind of mentality.

YOU LOOK INCREDIBLE, WHAT ARE SOME OF YOUR FAVOURITE WAYS TO WORK OUT?

My husband is one of my biggest motivators and inspirations. He's an above the knee amputee and works out harder than any able bodied person I know. If he can do THAT,

I have NO excuse to not be in the best shape of my life. I had a really intense battle of addiction when I was younger, so the person I used to be vs the person I am now is vastly different. I replaced substances with vitamins and fitness. We have our own gym in a giant shop in the country where we live. 2020 has sure been a crappy year, but I can say with confidence that I'm thriving! Lifting weights, box jumps, anything with high bursts of intensity is my favorite. Ladies, DON'T NEGLECT YOUR CARBS! :)

WE WOULD LOVE TO GET TO KNOW YOU! DESCRIBE TO US WHAT A DAY IN YOUR LIFE IS LIKE?

I like waking up when my body tells me to. So usually 7:30/8Aam, I have my cup of coffee and oatmeal. I chill, then hit the gym. I'm always working - whether I'm on vacation or at home or out with friends. In this line of work and Industry I'm in - there are a lot of other people who would agree. I'm a hustler at heart and I'm persistent AF. Every second is another opportunity to earn income or overcome some sort of goal I've previously set. DIE LIVING. I hang with my birds, Make some meals, work on the computer, then settle in around 7 for a movie and chill time.

WHAT ARE SOME OF YOUR FAVOURITE THINGS TO DO?

Shoot content, photograph other models, hang out with my birds, go to the movie theatre. The movies are my favorite thing to do - same with my partner. We both have an endless love for seeing new AND old films. We just started up a new Podcast "The Exposure Therapy Podcast " - and we're thrilled on it! It's a lot of fun having guests come in to record a segment with us. Be sure to stream it on iTunes and Spotify!

YOU'RE GLAMOROUS AND FUN, WHAT WOULD YOU SAY MAKES YOU THE HAPPIEST?

If we're talking materialistically, I love getting pedicures and decor for my new house lol. Is this how it is to be in one's 30s? Blows my mind! We bought some property out in the country and we do a lot of range practice, hanging out in nature and going to the river when the weather permits it! I'm fortunate to be in the Pacific Northwest! It's totally lush and green out here :)

TURN ONS?

I like SLACKS lol. I can't be the only woman who loves seeing a fit handsome dude in a pair of nice slacks. My partner is extremely fit, tall, and covered in tattoos so his body looks great in anything, but ESPECIALLY when he puts slacks on. Something sexy and business like when a dude puts a suit on.

TURN OFFS?

When people don't floss, have dirty feet, or take care of their skin. I got braces on for my second time at 33, and I really admire someone who takes care of their mouth and teeth. It's a reflection of themselves I think. When I'm in bed with a hot chick taking photos and she has dirty feet - I wanna boot her out of the bed lol! HELLO, BABY WIPES LOL! I'm kinda a crazy person when it comes to that stuff. I carry everything around with me in my purse. People would describe me as "intense" but I just call it persistent and knowing what I want.

WHAT MAKES YOU TICK?

Opportunities. I thrive off possibilities and hypothetical situations. I over analyze but by doing that, I tend to see what's happening before it does and I seize any opportunity that comes my way. Life is too short to sit around and wait for shit to happen. You gotta go out there and get it!

AS AN ESTABLISHED MODEL, WHAT ADVICE CAN YOU GIVE ASPIRING MODELS OUT THERE TO HELP THEM ACHIEVE THEIR DREAMS OF DOING WHAT YOU DO?

First and foremost, don't ever allow someone's opinion to effect you and your emotions. Thick skin, back bone, and confidence isn't taught, it's earned. You must fail to succeed - WITH EVERYTHING. I don't hear "no"
I hear "figure it out another way." Never change the kind of person you are to fit somebody else's ideal image. Otherwise how are you ever going to stand out in a sea of people? Find ways to be creative and original. This is for every kind of dream I set out for, whether it be modeling, photography, becoming a host, etc. DON'T SET LIMITS FOR YOURSELF. That's how you get ahead! I love you all!

INDIA

THE HUMBLING MAJESTY WHILST OUTRUNNING COVID-19

BY: IAN KIRKE

Sometime in my youth, I recall my parents commenting about their exact whereabouts when President John F. Kennedy was assassinated on 22nd November 1963. This narrative was meaningless to me until I witnessed the September 11th, 2001 terrorist attacks on the United States of America. This chapter of World history unfolded on the TV as I was called in from washing my late wife's car, a white Rover 200, with a bucket full of warm soapy water, a sponge, and chamois leather on our driveway in Fordwells Drive, Bracknell, Berkshire. Having returned from the Big Apple a week previously, after an incredible family holiday that took in Disney World too, the connection with Manhattan was tangible. My neck hurt as I arched my head back to take in the enormity and wonder of the Trade Towers as we passed below in an open-topped hop on hop off bus. My daughter Lucy also captured this unique perspective on a disposable camera, and I still have the picture proudly on display today. That was my JFK moment. A time in my history when the entire World was transfixed to the same incident. I then realized the importance of my parents recalling their exact location in 1963 and how an affinity with the rest of the human race is so rare that individual positioning is more than just a statement of fact. I guess that in years to come I may be inclined to reflect on COVID-19 in the same manner. It certainly fits the criteria of gripping the entire human race but even whilst we are still in the grasp of it this pandemic doesn't feel to me as though it was a spontaneous event, more like a situation that had pursued me from South Asia 2,698 miles due west of the epicenter of Wuhan, China before finally catching up and cornering me.

In mid-January, I had picked up via mainstream media that a new respiratory virus had been detected by Chinese officials in Hubei province. Having lived through SARS (severe acute respiratory syndrome) in the early 2000s and with the utmost faith in the ability of science to thwart anything on the scale of what the Hollywood blockbusters had depicted as the end of humanity as we know it, I wasn't unduly worried. Although I did, once or twice, play the R.E.M. classic 'It's The End Of The World As We Know It (And I Feel Fine)' on YouTube as I performed my morning ablutions. Furthermore, reports that the region had been sealed off by the military coupled with the almost speed of light construction of a huge purpose-built hospital facility and the lack of alarm from the World Health Organisation left me in little doubt that the only real concern for me at this time was whether my team, Notts County, could hold on to a play-off place in the National League.

A few weeks later on the toilet in Budapest, I thought that there might be a bigger problem. It was my birthday, the Heinz variety number, and I noticed on my mobile Stocks App that the FTSE 100 had plunged over 3% in a matter of minutes. This in itself made my buttocks clench that much more. The reason for this financial unrest was clearly the real danger of this virus becoming more than just an isolated incident in a far-off part of China that I had never heard of. As is a common human trait at times of potential crisis I preferred denial, finished off the paperwork, and continued my exploration of the enchanting capital of Hungary.

On my return to the UK Lucy confirmed that she would be spending time in Goa, India as part of her eventual homeward bound travels from her base in Australia. I had never been to India and the opportunity to meet her there was too exciting to miss! I had been lucky enough to visit Pakistan and the allure of, hitherto, The Jewel on the Crown was profound. Adam, my son, was up for it too and I gave him the task of booking up the itinerary which would see us fly to Mumbai for three nights then meet Lucy in New Delhi for our golden triangle tour. It was a relief to have Adam sort out the complete travel plans as I don't really do that level of detail. I normally turn up at an airport and ask, "Where are we going?" Additionally, I am a tightwad. When Adam emailed me an Excel spreadsheet of the travel plans I was immediately drawn to the costs of the overnight accommodation at the 3 & 4-star hotels that he had selected, ranging from £5.41 to £14.71 per night, including bloody breakfast! India was going to be my type of place!

A short stop-off at Abu Dhabi exposed us to the emerging threat of coronavirus although to be perfectly honest my risk radar hadn't even started spinning since this hullabaloo would surely be sorted anytime soon with a pill as it always did. Our modern-day NHS had consistently triumphed over adversity hadn't it? I even posted a funny on Facebook: 'At Abu Dhabi airport without a face mask. I feel positively underdressed.'

As we commenced the descent into Mumbai airport I completed a coronavirus screening form that essentially collected details of previously visited countries and our locations whilst based in India. As we negotiated passport control our temperature was taken via a non-intrusive thermometer held a short distance from the forehead. India seemed to be taking this virus malarkey seriously.

Proudly showing the taxi driver a printout of our hotel, we were met by a confused expression and scratch of the head. Our driver beckoned the assistance of a couple of other colleagues who displayed similar characteristics. Not understanding what was being said only added to the tension. We were both dog-tired and simply wanted to chill out at our luxury 4-star hotel whilst drinking in the skyline of this magnificent city. In a moment of utter genius, considering that it was boiling hot and I needed the loo imminently, Adam fired up Google maps on his mobile and offered to guide the taxi driver to our Shangri-La. As we sped out of the airport taxi rank with our cases strapped precariously to the roof of this blue and white museum piece that had, by the look of it, been used by the impressive Indian Army for target practice the full magnificence, madness and mayhem that is Mumbai hit us like a slap across the face with a soaking wet beach towel drenched in ice-cold water. I felt like I had just ingested some form of recreational drug as my eyes widened, my jaw dropped, and my buttocks once again clenched yet this time by a factor of ten compared to my Budapest bum.

The sound of car horns some aggressive, some almost reassuring and some continuous was the harmony whilst the dramatic overtures were the frequent moments when a collision appeared to be the only reasonable consequence of the myriad of vehicles that fought for the same space. If this had been at the start of a speedway race all four riders would have been called back for a restart as a result of first bend bunching. Yet this was Mumbai and the

> "I felt like I had just ingested some form of recreational drug as my eyes widened, my jaw dropped, and my buttocks once again clenched"

highway code was a mystical beast, less common than a unicorn. On a visit to Hong Kong, I was sure that the limit of human density had been achieved there yet this place made that former British colony seem like a Tuesday morning stroll across Hyde Park. Health & Safety was a term that had yet to permeate this corner of the World and acrobatic motorbike riders without crash helmets, carrying two additional passengers or piled high boxes of produce circumnavigated the pandemonium with the elegance of Torvill and Dean. The colors too, nothing subtle here. In the same manner that my ears wouldn't rest nor would my eyes. The complete Dulux paint card was thrown at me making it almost difficult to remember to blink. My TripAdvisor for Mumbai was beginning to take shape even though we hadn't even reached the hotel: Crazy, horn-tooting chaos that actually works and where being a driving instructor has to be the most hazardous job in the World!

Adam had told me that the accommodation was a short taxi ride from downtown Mumbai where he had been informed by a London colleague to celebrate the first night at a swanky hotel roof garden that afforded the best view in town. Our hotel was certainly in keeping with this top-end feel since it was 4-star although as Google maps counted down the miles the surrounding terrain became even more dense, decayed and depressing. The real poverty was as overt as it was incredible since the inhabitants were carving out their lives like we do at home yet with a purpose and endurance that I could only ever imagine. I had seen the brilliant Danny Boyle film Slumdog Millionaire and instinctively knew that we were in the domain of the central character Jamal Malik. My sense of awe was beginning to engage with sadness yet simultaneously respect for the dignity I saw on every street corner. I was truly humbled.

As we turned left into the unmade road my nostrils instructed my eyes to water as the taxi lurched from one crater to another scattering the numerous dogs out of harm's way. Rubble and refuse were the dominant features although the sea of smiling faces was still in abundance. The source of the pungent odor was an open sewer directly outside of our hotel. It was at this point I released that the Indian hotel star system didn't actually replicate what I had been used to back home. But then again who cared? Our Indian adventure had already proved to be an incredible experience and what better place to be housed than in the center of where ordinary Mumbaikars, Mumbians, or formally Bombayites called home?

On day two it was announced that all India travel visas for foreigners had been suspended as a direct result of the coronavirus outbreak. We had just crept under the bar. There was the odd but prominent poster that instructed you to keep a distance from anyone that

"On day two it was announced that all India travel visas for foreigners had been suspended as a direct result of the coronavirus outbreak."

was sneezing but then again how could that be realized in Mumbai where your shadow couldn't even get a look in? Downtown Mumbai didn't disappoint, and the local people were incredible. Friendly, courteous, and curious. On my travels I have made it my task in life to have a photograph taken of me in my Notts County shirt outside of any notable natural or manmade feature I come across. Rest assured that I don't routinely wear it when I am abroad as it would be pretty minging in a short space of time. It's usually tucked in a bag or rucksack, whipped out for a photo opportunity then replaced, all in the best possible taste!

The Gateway of India with the majestic The Taj Mahal Palace hotel adjacent (the scene of the horrific terrorist attack in November 2008) provided the requisite backdrop for the shirt pictures as we waited to board a crowded boat to Elephanta Island. In an instant a series of smiling locals stood next to me for their own pictorial requirements. They must have been impressed that Notts had just beaten top of the table Barrow 2-0 away to keep our promotion ambitions alive. Adam said that they probably thought I supported Newcastle United. Nonetheless, the place was heaving with the hubbub of local and foreign voices including a dominant and excitable Italian presence. As I sat in a cramped bar drinking a bottle of, you guessed it, Corona beer the financial markets imploded. If Facebook was a barometer of domestic anxiety Britain appeared to be firmly rooted in the pre 'Don't Panic Mr. Mainwaring' alert level, yet the rest of the World and the fragile financial markets were humming a distinctly different tune. Later on as we ate at the posh Hyatt hotel the fact that Lucy had been refused entry to the New Delhi hotel on the dubious grounds that she was a foreign national didn't upset the applecart too much as we booked her into the Radisson online. Based on our experience in Mumbai we had probably dodged a bullet as Lucy doesn't do roughing it that well. Monday 9th March was our last day in Mumbai that incidentally coincided with Italian Prime Minister Giuseppe Conte imposing a national quarantine. As we flew out to meet Lucy, having had our temperature regularly checked at restaurants and other public establishments, to meet Lucy the city formally known as Bombay went into lockdown too. Like Jason Bourne, we had escaped capture.

New Delhi was another cavalcade of emotions made even more memorable with Lucy forming the dream team and being escorted by India's version of Jack Whitehouse, Riyaz. Having kids will often oscillate between insanity and incredible pride threaded together with unconditional love but being without my two amigos in my life wouldn't even bear thinking about. We caught the last day of the Holi celebrations and were covered head to toe in colored powder at India Gate. With that amount of disruption, my Notts shirt stayed safely tucked away in my rucksack. This joyous occasion and drinking the evening away with my kids completely obliterated any sense of foreboding as the nightmarish reports from Italy dominated the news feeds. In addition, Adam and I had decided to go upmarket and stay at the same hotel as Lucy. Later on, having discovered a taste for this brand, Radisson's became our first choice after the kids had obviously bagged the best online deal.

The next stop was Agra and the breath-taking Taj Mahal but beforehand our driver had to negotiate the cattle and traders which littered the roads that appeared to have been carpet-bombed on previous occasions. This part of town was marginally more upmarket than the slums of Mumbai but only just. On arrival, the haunted house of a hotel was administered by two surly chaps wearing industrial facemasks. We were asked in no uncertain terms to prove that we didn't have coronavirus. The uncomfortable truth of the matter was that this was impossible, albeit the confusion that COVID-19 has since inflicted on many ordinary people was amplified during that Mexican stand-

"As I sat in a cramped bar drinking a bottle of, you guessed it, Corona beer the financial markets imploded."

off involving one side from Europe and the other from Asia. This pseudo-Monty Python sketch was interrupted by my request to use the toilet. Witnessing the state of one of the guest rooms I made the executive decision to relocate to the Radisson where we caught our first evening glimpse of the Taj Mahal on the far side of a town bathed in a gentle artificial light via the roof garden.

An early morning trek to the ivory-white marble mausoleum to witness sunrise was rudely interrupted when Lucy was bitten on the leg by an errant monkey. Rabies was a real and present danger and our morning took on a different track as we were transported to several hospitals via a rickety ambulance enthusiastically driven by a wannabe extra on the Fast & Furious until confirmation that the necessary jabs were available. Hygiene was impoverished yet the staff were incredible, typified by the Doctor in his resplendent dressing-gown who arrived by car to administer the drugs. A happy pill of some description was added to the equation and Lucy returned into a more chilled state of mind. As the fight against COVID-19 has since been framed around personal and social cleanliness I often think of the challenges that this amazing country still has to face. A slight change to our itinerary meant that we finally got to the Taj Mahal the following day. Summing up this experience is perhaps better served simply by the tears that flowed. Once I had regained a modicum of composure the Diana shot with the shirt on was completed and we headed off to complete the rest of our golden triangle expedition that took in Jaipur, where elephants trundled down the main thoroughfares, and the stunning Pink City then back to New Delhi. As the World began to lock down and major transportation hubs closed down Lucy accepted that her onward travel plans were now over, and it was either the UK or Australia. She chose the latter. Often I wish I had followed.

As we bade farewell to this beautiful, peaceful, and incredible country there was a final meal and a cocktail that the attentive waiter lit and my kids cheered as the old man drank it in one go. On entering the restaurant as had become customary our temperature was taken and the seriousness of the general public reaction was tangible even if I had yet to feel the real consequences of this horrendous pandemic. On our return to Heathrow on Sunday 15th, March Adam and I waltzed past a few signs that reminded us simply to wash our hands. The urgency and respect for public health protection was non-league compared to the status of the Indian response. Eight days later COVID-19 finally caught up with me when the UK went into lockdown.

In the not too distant future, I hope to be asked by my prospective grandchildren, "Where were you when COVID-19 happened?" I will have a choice. Either, ask your Mum or Dad or better still grab some pop and crisps as your old Grandad was once chased by the coronavirus ...

> "As we bade farewell to this beautiful, peaceful, and incredible country there was a final meal and a cocktail that the attentive waiter lit and my kids cheered as the old man drank it in one go."

THE MODEL MILITARY MAN

FHM sat down with Colin to find out more about his success, fitness routine, and get some tips.

Meet Colin Wayne, a decorated US Army veteran, a world-famous fitness model and the CEO of Redline Steel. Since surviving a rocket attack in Afghanistan years back, and returning to the US, he's been one of the go-to guys in the fitness and in the business world. During this COVID-19 time, Colin and his company have given back millions in products to essential workers, farmers, teachers, veterans and more alongside the likes of Hollywood actress Megan Fox.

HOW WAS IT TRANSITIONING FROM THE MILITARY TO BEING A CEO OF A LARGE COMPANY?

Well, I didn't start as a CEO after leaving the army, I actually became a fitness model and even owned a nutritional brand before Redline Steel was even an afterthought. One of the biggest takeaways I kept from serving was the "Don't Give Up" mindset and mentality of doing whatever it takes no matter what. When you first join the Military, you learn to give it your all and never accept defeat.

WHAT WAS YOUR FITNESS ROUTINE LIKE BACK IN THE ARMY, AND WHAT IS IT LIKE TODAY?

I started going to the gym and dedicating myself to fitness back in 2009 while undergoing pre-mobilization training for Iraq. Although I've tried several different training routines, my personal favorite method for working out would be a 5-day split-schedule targeting the primary muscle groups by applying Time under Tension training (TUT) along with High-Intensity Interval Training (HIIT).

MY CURRENT 5-DAY SCHEDULE CONSISTS OF:

- *Day 1* – Chest
- *Day 2* – Back
- *Day 3* – Legs, quads, hamstrings
- *Day 4* – Shoulders/traps
- *Day 5* – Arms, biceps, triceps

WAS DATING BACK IN THE MILITARY DAYS HARD, SINCE YOU WERE OVERSEAS A LOT AND DO YOU HAVE ANY ADVICE FOR THOSE IN THE MILITARY AND DATING?

So a lot of people don't know this but I was actually married when I was 18 and she cheated on me with my best friend from high school while I was overseas. So military and stability can definitely be a challenge with finding the right person. Looking back I am very thankful that happened because I never would have met my wife Breanna and have my two beautiful girls (Brelin, 3 and Brinley, 1).

YOU ARE NOW MARRIED WITH KIDS. WHAT DOES YOUR WIFE THINK ABOUT YOUR HUGE POPULARITY?

As you can imagine, at first it was a little overwhelming for her, especially when she would accompany me to a fitness event. But after a while, she acclimated to that kind of lifestyle and now actually embraces it.

YOU HAVE A LARGE FOLLOWING ON INSTAGRAM. DO LADIES EVER TRY SLIDING INTO YOUR DMS?

Not as frequently now that I'm out of the fitness industry. Although I'm happily married and 100% open about my family life, occasionally I'll still receive direct messages from fans and followers alike thinking they are being clever.

WHAT WOULD BE YOUR TIPS FOR OTHERS TO GROW THEIR FOLLOWING ON INSTAGRAM AND OTHER SOCIAL MEDIA CHANNELS?

There are several different things you can do to attribute towards a larger following on social media. I always tell people to post content that engages your audience and to make sure you're constantly active online. One thing I also love doing is hosting weekly contest giveaways with our Facebook community. Giveaways are a great way to grow your following by implementing "requirements" to join the contest such as: "tag a friend, share the video, and comment 'done' to enter this contest." All of a sudden, you're creating traffic to your brand or business organically without spending on paid ads.

WHY DO YOU FEEL YOUR COMPANY REDLINE STEEL STANDS APART FROM OTHERS IN YOUR INDUSTRY?

We are the largest customizable steel manufacturing company in the United States. With over 230,000 verified reviews and over 1 million orders placed, one of the biggest contrasts between Redline Steel and other similar companies would be the consumer/customer trust.

HOW WAS IT WORKING WITH MEGAN FOX RECENTLY ON A BIG CHARITY GIVE BACK?

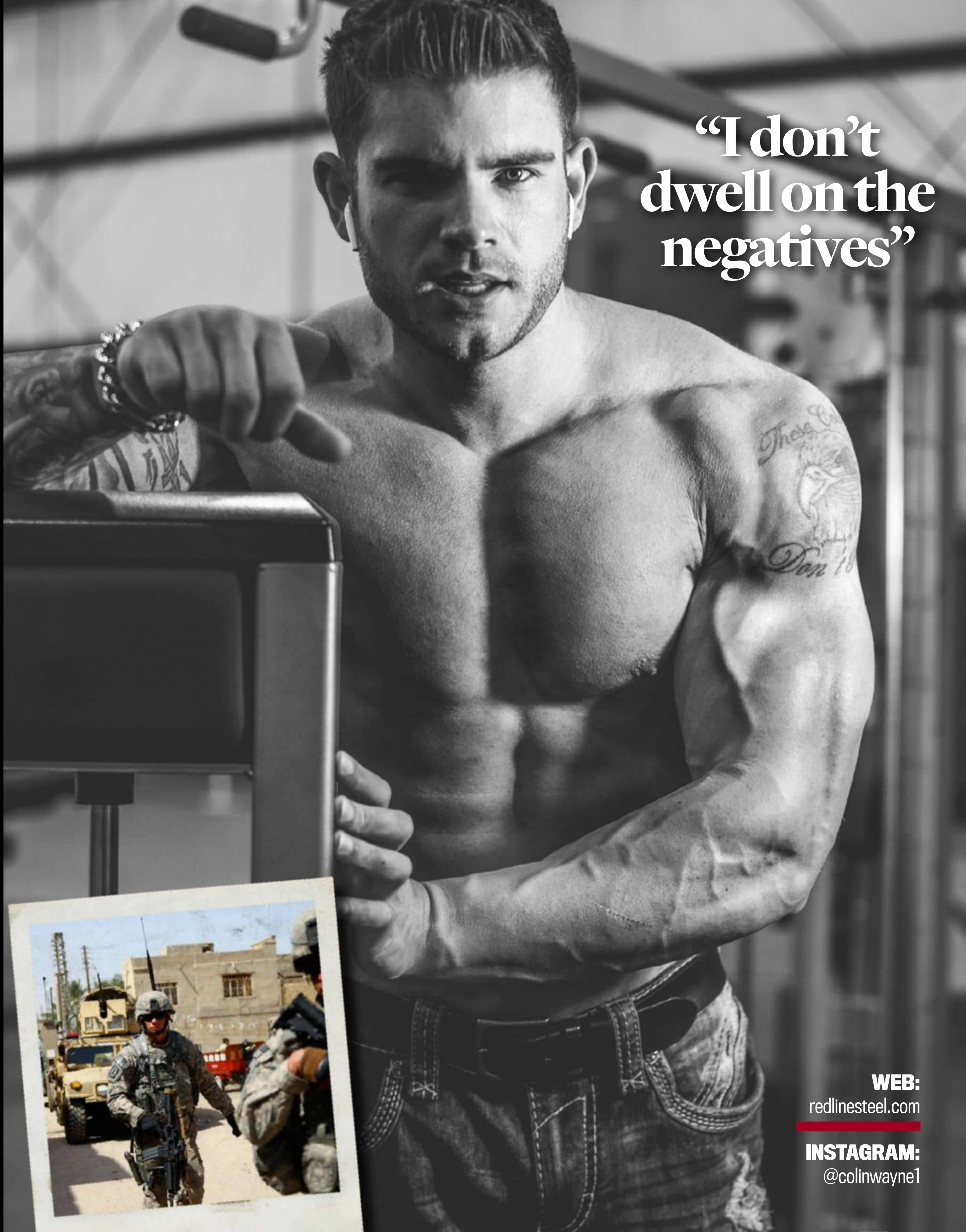
Working with Megan was a pleasure for me and my team. She was very kind and thoughtful to the cause and seemed excited to help us in our mission to give back and honor those that have paid the ultimate sacrifice in the line of duty.

BESIDES MEGAN, WHAT OTHER CELEBRITIES ARE ON YOUR RADAR TO WORK WITH?

I would love to work with Kane Brown, I like the fact that he is so open with being a father and pronounces his love for his family.

WHAT MOTTO DO YOU LIVE LIFE BY?

Pain and failure will not defeat me. I want my trials and tribulations to fuel me rather than beat me. I don't dwell on the negatives. Instead, I focus on what's ahead and try and learn from my mistakes and shortcomings. We cannot allow others to dictate how far we're able to go in life. We have to decide this ourselves and then follow that by actually taking the steps to get there.



"I don't dwell on the negatives"

WEB:
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INSTAGRAM:
@colinwayne1

Martha B. Dolak

Martha B Dolak | @marthab_official
Photographer Mike Cohen | @mikecohenphotos
MUA Backstage Beauty | @backstagebeautyuk

15786395

Swimwear and Lingerie Model

Miss Galaxy Universe – Beach Body Winner 2017

Influencer

WERE YOU EXCITED TO SHOOT FOR FHM?
Yes! Ever since I started modelling it has been a dream of mine to appear in FHM. I used to check FHM 100 hottest women every year and spired to be like them.

TELL US SOMETHING SURPRISING ABOUT YOU?
I have a Degree in Art, Media and Design. I specialize in sculpture and installation, therefore I'm not just a pretty face.

DESCRIBE YOURSELF IN ONE SENTENCE.
Fun loving perfectionist. Who enjoys travelling, meeting new people and dining out. Art lover and animal activist - I love supercars my dream is to have a yellow Lamborghini and I enjoy watching formula 1.

WHAT ARE SOME OF YOUR HOBBIES?
I love watching football. I support Fulham FC in London. I watch them religiously. I am a pet enthusiast with my boy chihuahua and Doll Face Persian, they take up a lot of my free time.

WHAT IS YOUR BIGGEST TURN ON?
A man who smells good and is a gentleman its all about chivalry for me. My favourite fragrance for men is Creed Aventus.

WHAT TURNS YOU OFF THE MOST?
I don't like gossip, bad hygiene and bad manners – it's a big turn off for me.

DESCRIBE TO US YOUR PERFECT DATE.
My perfect date is sitting on the beach, having a candlelight meal while watching the sunset in an exotic location.

WHAT WOULD YOU CONSIDER TO BE YOUR BIGGEST CHALLENGE AS A MODEL SO FAR?
A lot of people judge me for my looks and don't get to know me for who I truly am. That is my biggest challenge in modelling since I started when I was 17. I started as a commercial model but my career path took me to quickly into modelling swimwear and lingerie which I love doing.

ANY LAST WORDS YOU WOULD LIKE TO SHARE WITH THE READERS?
World peace! Be kind and don't forget the ones close to you. Family is the most important thing and adorable pets.

A *SHARP* KNIFE FOR BUTTER

MELT AWAY YOUR TROUBLES IN THE NEW LEXUS RX 350 F-SPORT

// LEXUS RX 350 F-SPORT //

Lexus has stiffened the new 2020 RX 350 F-Sport. Oh dear, does that mean it's forgone all comfort to chase after a superfluous Nurburgring laptime? Were that the case it would put the new Lexus RX on a collision course with macho opposition that frankly Lexus doesn't want or need. Nope, the RX 350 is still the comfiest, cushiest premium SUV on sale.

Changes to Lexus's RX range focus on fine-tuning the cosmetics as well as the aforementioned chassis upgrades. We finessed both ends further with the optional F-Sport package, a relatively inexpensive addition that includes a broad range of value items. Across the range the headlights are slimmer, bumpers are more rounded while side and rear styling is tweaked to emphasize a coupe look with a (perceived) widened stance. Typical design incantation to our ears but one that masks the RX's size well. Fans of fuss-free metal work might want to avoid the Lexus brand altogether.

Yet, a startling revelation, we spend our time inside cars listening to music, connecting devices and using whatever autonomous aids are available to us. The RX 350 F-Sport comes standard with a 15-speaker Mark Levinson system which is one of the car's highlights. You're also likely to be streaming that music; another reason to use the car's onboard WiFi which comes with 15GB on free data with a top-up plan. Autonomous features like active cruise control and lane-keep assist are easy to enable (and disable) and are reasonably good at sedating the ongoing irritations of the daily commute. F-Sport seats are the best in the business (sorry Volvo) but we could do without the tacky aluminum pedal plates. Rear seating is very clever and techy for its class. You can heat them, slide them, recline them or fold them flat, electronically.

Being a Lexus I am compelled to mention the touchpad interface and those dreadful black and purple graphics. The latter hasn't changed but the accuracy of the cursor has improved with every generation. Creating separate buttons and displays for the climate has mitigated the touchscreen's daily relevance while we found that voice control took care of the rest.

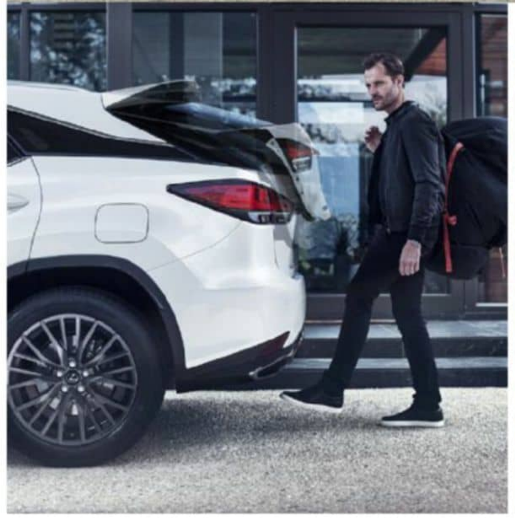
For the new model, Lexus has enhanced the RX's comfort. The rear anti-roll bar is 1mm thicker and now there is Active Variable Suspension, migrated from the Lexus LC. The driver can set the dampers between Normal and Sport but it's not as binary as that because the system automatically adjusts through 650 other settings to deliver the smoothest ride. Even those 20-inch wheels with sporty rubber float across harsh surfaces like they're filled with helium.

We decided against testing hybrid version of the RX. I'm aware that doing so has portrayed us as a bunch of uncaring petrolheads who are to be the cause of our own species' extinction. This is not true, the RX 350 costs a whack less than the RX 450h, is almost as fast to 100kph, thanks to being lighter, and doesn't ask the uncomfortable question of sourcing – and disposing of – lithium-ion. It's the better model, period.

The engine is the same 3.5-liter V6 as before, and even before that. It's not very special or fuel-efficient in any of the three modes and does not respond kindly to sudden overtakes – this is exasperated by the doziness of the gearbox. Yet these are rare instances that only the likes of nitpicking car journalists might complain about. Here's another, steering feel: Not brimming with texture.

One should always rank comfort and practicality at the top of any SUV shortlist. Do that and I can't think of a better choice than the new Lexus RX 350. The way it detoxifies, and de-stresses is like booking yourself into a wellness center. The craftsmanship and quality finish is still there except this time there's less of a gap between the way it looks and the way it functions.

Pawan Dhingra



> **"The RX 350 F-Sport comes standard with a 15-speaker Mark Levinson system which is one of the car's highlights"**

STYLE GUIDE

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MODELS
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Lourdes Coterón: (Line-Up Model Management)

SWEATER: POLO RALPH LAUREN **SWIMWEAR:** GUESS **SUNGLASSES:** TOM FORD **WATCH:** APPLE WATCH

SWIMWEAR: GUESS

TROUSERS:
EMPORIO ARMANI
FLIP FLOPS:
TOMMY HILFIGER

SUIT: HUGO BOSS
TEE: COS
WATCH: THOMAS SABO
HABANO CIGAR: COHIBA

SWEATER:
POLO RALPH LAUREN
SWIMSUIT:
GUESS
FLIP FLOPS:
TOMMY HILFIGER
SUNGLASSES:
TOM FORD
WATCH:
APPLE WATCH

KICKING KITCHEN

This month we're starting the season with awesome recipes that are more like mouth-watering masterpieces than regular 'guy' dishes. So, grab your apron, pull out the skillet and let's get cooking!

By Izelle Hoffman

PIQUANTE, BASIL, PEA AND THYME MINCE

Prep time: 5 minutes
Cooking time: 20–25 minutes
Servings: 8 - 10

Ingredients

- 1 Tbsp olive oil
- 2 red salad onions, diced
- 1,5 kg extra-lean mince
- 120 g Piquanté Peppers, chopped
- 4 tsp Oryx desert salt
- 1 tsp ground black pepper
- ¼ cup raw honey
- 3 heaped Tbsp paprika
- 1 heaped Tbsp dried sweet basil
- 2 heaped tsp dried thyme
- 4 heaped tsp onion flakes
- 250 g frozen peas, defrosted

Instructions

Heat the olive oil in a large frying pan and brown the onions.

Add the mince and cook for about 15 minutes until most of the liquid has evaporated and the mince is pale brown.

Add the Piquanté Peppers, salt, black pepper, honey, paprika, sweet basil, thyme and onion flakes and stir well.

Lastly, add the defrosted peas and simmer for another 5–10 minutes.

Allow to cool before placing in an airtight container and storing in the fridge to use when needed.

Perfect to pair with vegetables and or rice

SOY AND SESAME BEEF STRIPS

Prep time: 5 minutes
Cooking time: 15 minutes
Servings: 4

Ingredients

- 2 Tbsp olive oil
- 3 spring onions, chopped
- 1 heaped tsp crushed garlic
- 1 medium red, orange or yellow bell pepper, cut into strips (keep the seeds)
- 600 g beef strips
- 5 Tbsp soy sauce or tamari
- 2 Tbsp sesame seeds
- 1 tsp ground black pepper
- 1/4 cup raw honey
- ½ tsp Oryx desert salt
- handful of chopped fresh Italian parsley

Instructions

Heat the olive oil in a frying pan over medium heat and fry the spring onions, garlic, bell pepper and reserved seeds for about 5 minutes to release flavour, then add the beef strips and fry until the meat is golden brown.

In a small bowl, mix the soy sauce or tamari, sesame seeds, black pepper, honey and salt. Add this to the pan once the meat is cooked, and simmer for about 15minutes or until most of the moisture has evaporated.

Add the chopped fresh parsley, remove from the heat and allow to cool completely before placing in an airtight container and storing in the fridge to use when needed.

Be on the look-out for tamari, a more mature gluten-free alternative to soy sauce.

A winner with rice and green beans!

CHICKEN MEATBALLS

A PERFECT ADDITION TO ANY SNACK PLATTER!

Prep time: 10 minutes
Cooking time: 15 - 20 minutes
Servings: 16 - 18 meatballs

Ingredients

- 1 kg chicken mince
- 1 large red salad onion, diced
- 1 medium red bell pepper or 2 medium pimiento peppers, diced (keep the seeds)
- 1 tsp crushed garlic
- 2 tsp onion powder
- 1 Tbsp soy sauce
- 1 Tbsp raw honey
- 1 tsp Oryx desert salt
- ½ tsp ground black pepper
- handful of chopped fresh basil
- 1 large egg, whisked
- 1 tsp sesame seeds
- ½ tsp raw honey
- ½ tsp olive oil
- 1 tsp sesame seeds to sprinkle over the meatballs before they go into the oven

Instructions

Preheat the oven to 200 °C and spray an ovenproof dish with non-stick cooking spray.

In a large mixing bowl, combine the chicken mince, onion, bell or pimiento peppers and reserved seeds.

Add the garlic, onion powder, soy sauce, 1 Tbsp honey, salt, black pepper and chopped fresh basil. Mix well.

Add the egg and mix well.

Roll the mixture into balls and place in the greased dish. Sprinkle over the sesame seeds.

Bake for 15 minutes, then remove from the oven and drizzle with the ½ tsp honey and olive oil. Return to the oven for another 2–3 minutes.

ROAST SWEET POTATO AND CHOCOLATE BREAKFAST SMOOTHIE

Prep time: 5min

Servings: 1 - 2

Ingredients

- 3 egg whites
- 150 ml unsweetened almond milk
- pinch of Oryx desert salt
- 1 tsp caramel essence
- 1 heaped tsp raw cacao powder
- 1 tsp almond butter
- 100 g frozen oven-roasted sweet potato
- 2 tsp raw honey
- 1 tsp olive oil
- ¼ tsp ground cinnamon (optional)
- flaked almonds and fresh mint or thyme for garnishing

Instructions

Place all of the ingredients, except the garnish, in a blender and blend until smooth.

Serve immediately, garnished with flaked almonds and fresh mint or thyme.

The perfect way to sneak vegetables into breakfast... disguised as a chocolate smoothie.

Frozen sweet potato can be added to any flavour smoothie for a creamy, low-GI anti-inflammatory boost! #YoureWelcome

OVEN-ROASTED PAPAYA WITH BANANA AND PECAN NUTS

Prep time: 10 minutes

Cooking time: 15 - 20 minutes

Servings: 4

Ingredients

- 2 medium papayas, halved and deseeded
- 2 bananas, mashed
- 1 heaped Tbsp almond flour
- ½ tsp Oryx desert salt
- 2 tsp caramel essence
- ½ tsp ground cinnamon
- 2 Tbsp raw honey
- 50 g pecan nuts, chopped

Toppings

- crushed Ryvita
- chia seeds
- chopped pecan nuts
- raw honey
- almond flour
- chopped fresh thyme
- lime juice

Instructions

Preheat the oven to 200 °C and spray a baking tray with non-stick cooking spray.

Place the papaya halves, cut-side up, on the greased tray.

In a bowl, mix the mashed bananas with the rest of the ingredients and use this mixture to fill the papaya halves.

Top with as much crushed Ryvita, chia seeds, pecan nuts and honey as you like, drizzle with honey and roast for 15–20 minutes or until the filling is golden and the nuts toasted.

Serve garnished with a sprinkle of almond flour, fresh thyme and a squeeze of lime juice.

Lu Duarte

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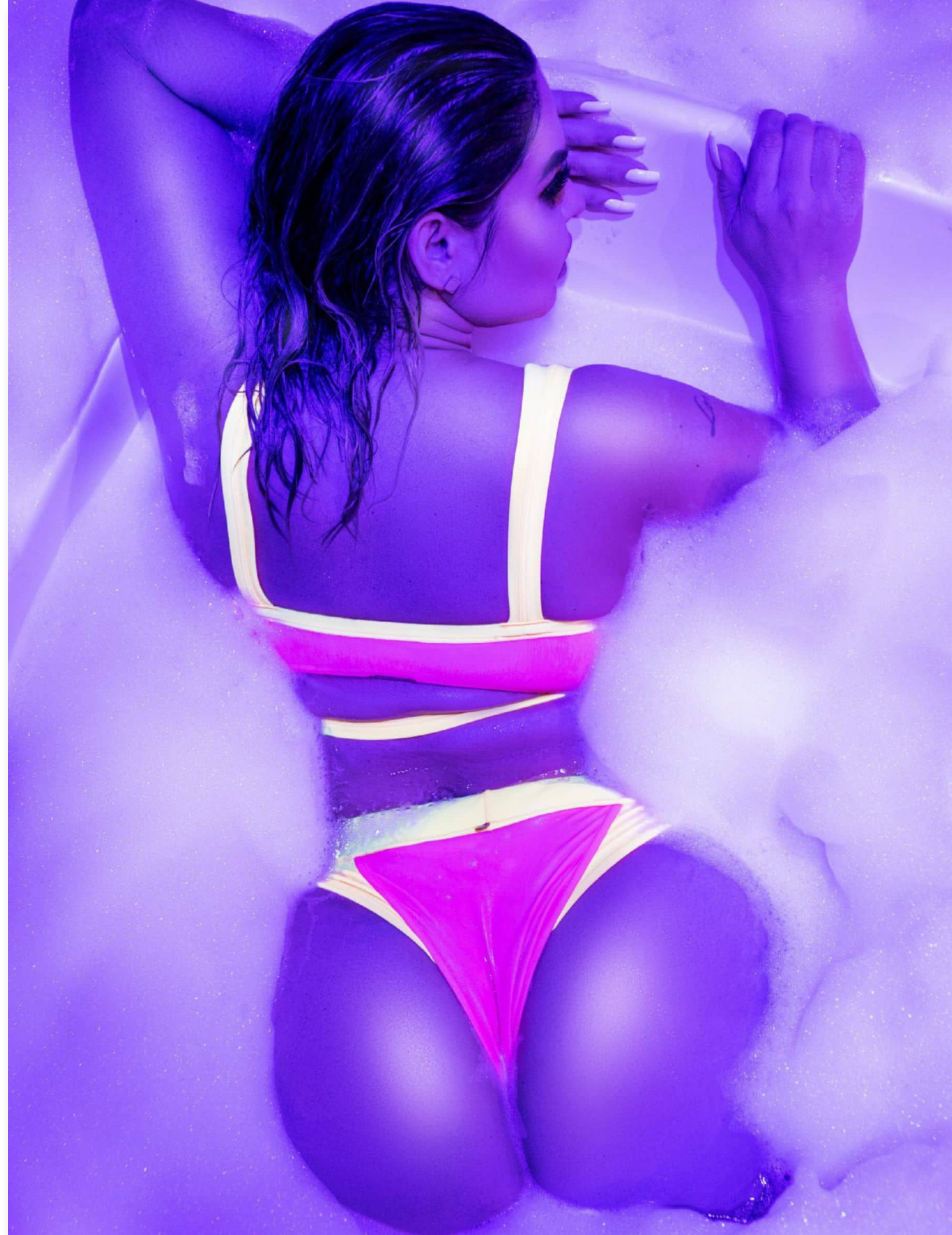
For those I love
I will sacrifice

Lu Duarte is a winner of Miss Bumbum World 2020 and notoriously recognized as an influencer and percussionist of the term “fitness curves” by Daily Mail.



For those I love
I will sacrifice

TELL US ABOUT A BIT ABOUT YOURSELF?
I'm a 41 years old woman with the energy and the style of a 20 years old girl. I love to live life intensely day after day as if it's the last day! I'm a mother of an 18 years old son and I'm absolutely crazy about him! I'm a full time model influencer and soon will be acting as well. I've lived in England for the last 20 years but I'm Brazilian.

WHAT WAS YOUR INITIAL REACTION WHEN YOU WERE CHOSEN TO SHOOT FOR FHM?
I was extremely happy as this was one of my dreams!!!!

HOW DO YOU PREPARE FOR A SHOOT?
I love to make sure that everything is good and ready for it! Hair, body, nails and outfits

DESCRIBE YOUR PERFECT MAN.
My perfect man is the one that stands by my side in every way, gives me protection, love and affection.

WHAT IS YOUR IDEAL DATE?
A lovely dinner in an amazing restaurant and a beautiful hotel room.

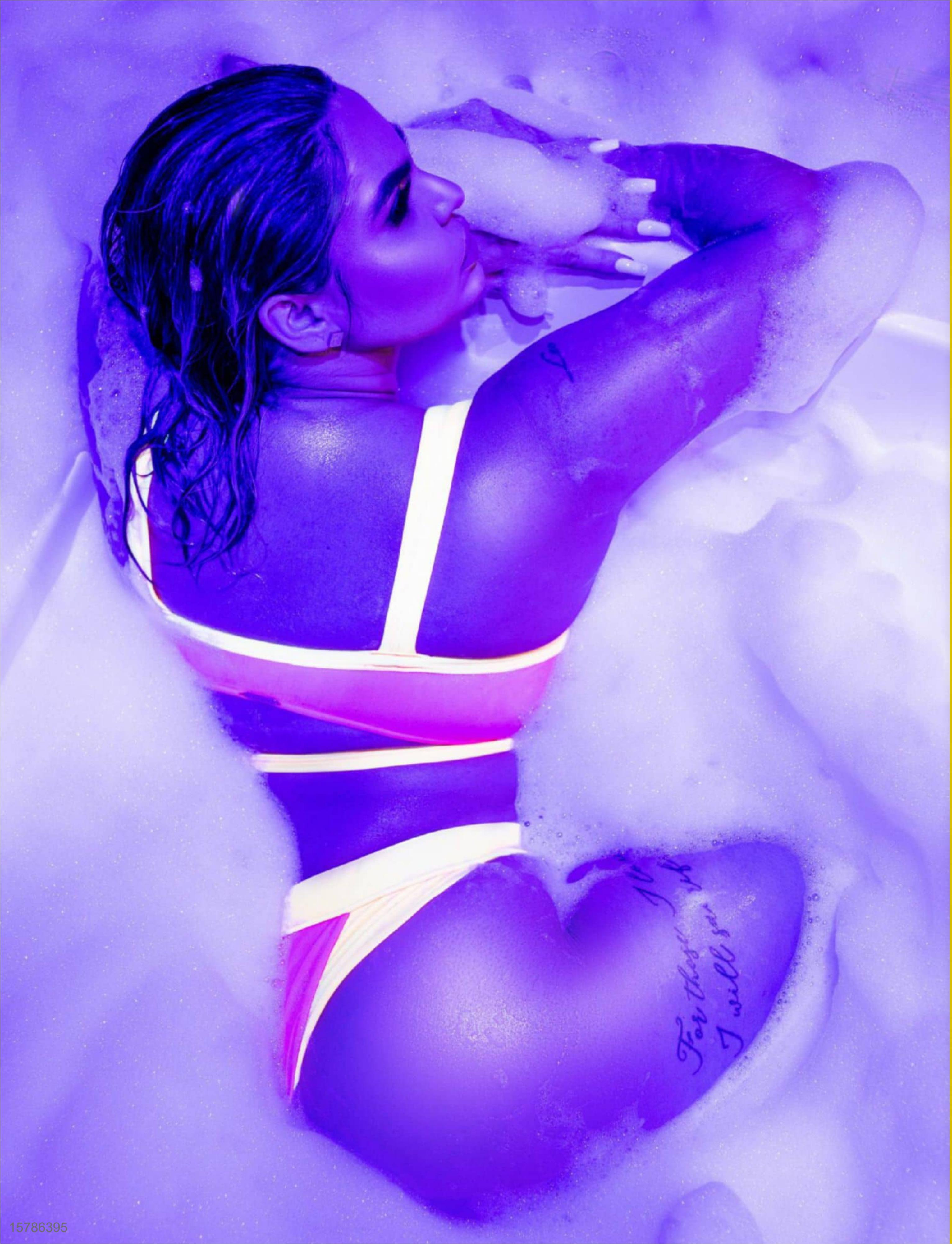
WHAT DO YOU DO FOR FUN?
I go out with friends or family to enjoy the day by the beach or swimming pool. I love shopping too!

TELL US A BIT ABOUT YOUR MOST EMBARRASSING MOMENT.
When I was entering in to the club and I fell in front of every one in the queue.

WHAT WOULD YOU SAY IS THE MOST DIFFICULT PART ABOUT BEING A MODEL?
The most difficult thing is to be always in shape as I love food and I can gain weight easily.

WHAT ARE YOU MOST LOOKING FORWARD TO DOING THIS YEAR?
Reality show

LASTLY, WHAT IS YOUR LIFE MOTTO? OR A QUOTE THAT MEANS A LOT TO YOU?
For those who I love, I will sacrifice!



For those I love
I will sacrifice

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BALLS!

A JOURNEY FROM 38 TO 30

BY IAN KIRKE | TWITTER = @IANJKIRKE

According to the font of all knowledge (Google) on average men feel their balls seven times a day. At least I can be reassured that I am above average in this particular field. Indeed, touching them thousands of miles away from home led to a change in lifestyle that I think may possibly have added many more years to my lifespan and reduced my waist size from 38 to 30, after losing 3 stone in 12-weeks. 18 months later I have kept the weight off and the simple things in life like bending over is not such a herculean task anymore & I can now see the near neighbor of my balls without the use of a mirror.

In 2008 or thereabouts I became aware that my sleep pattern was being interrupted by frequent visits to the loo and being awoken by my own snoring. I was officially a lard arse and tipped the scales at a whopping 18 and a bit stone. Being 6’2” and broad I was able to carry it reasonably well although my face seamlessly blended into my neck and my double chin could have been sold as an occasional sofa at DFS. Being a practicing hypochondriac, I ambled off to the GP for a check-up. Type 2 diabetic! What the fuck?! There must be a mistake! No Kirkey you were obese in fact morbidly so. Although the jolt was real and immediate, as was the embarrassment, the promised rehabilitation that had to engage in ‘portion size’ never did materialize as quite simply I love food and drink. Indeed, I would list this as one of my favorite pastimes along with watching Notts County and going to the Speedway, pursuits that I could eat heartily at too. Furthermore, the cocktail of tablets gave me the seemingly plausible excuse that these alone would save me from losing my eyesight, a limb and early death. I was young (45) and death, so I convinced myself, only happened to really, really old people. So, after the initial shock to the system I didn’t change a thing and continued with my unabated eating and drinking taking more interest in the ups and downs (mostly downs) of following Notts than what entered my body via my gob.

In May 2015, my false and idiotic presumption that death was only the preserve of oldies was brutally shattered when my wife Theresa died of cancer at the relatively young age of 50. For 18-months I watched a beautiful lady in a non-responsive coma until her life ended way, way too early. On reflection, I would have thought that this alone would have been the trigger point for changing my lifestyle as my kids Lucy (25) and Adam (23) now only had one parent. But it wasn’t. Having to arrange my wife’s funeral whilst she was still alive didn’t motivate me either. The planets had yet to align for me and on reflection, I shudder at how oblivious I was to what I was doing to my body and how much I owed my children to live as long as possible so that I could support and irritate them in equal measure for many years to come.

Fast forward to December 2018 and I was in Hong Kong with my daughter, our stop-off for saying farewell as she entered another chapter in her life in Australia. As I left the shower in the compact hotel room with the mega widescreen TV showing some BBC World News documentary I sat on the bed following a vigorous toweling of my ample frame and conducted my above-average obsession by checking the balls. The newfound lumps didn’t frighten me. A sudden and astonishing moment of calm overcame me. I had enjoyed a terrific life. There were so many things to celebrate and be thankful for that my own mortality didn’t seem that important. I had already convinced myself too that I had testicular cancer.

During this moment of relative tranquillity, I laid on the bed and watched the TV. The documentary that had been airing in the background for the atmosphere was about obesity. Three patients or volunteers stood in a line. Two men and a woman. The blokes were clearly salad dodgers, yet the lady appeared only to be carrying a modest amount of additional timber. The Doctor talked about her Type 2 diabetes and made the remarkable claim that if she essentially ate less and reduced the intake of sugar in particular she could reverse her diagnosis in 12-weeks. There was no mention of going to the gym either. 12-weeks!

At that precise moment the Sun, Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, and Neptune aligned, and I made an iron-clad promise to myself that I would follow the sage advice. After all if I couldn’t place some directed effort over such a small period of time I didn’t deserve the title of Dad.

And so, the initial and simple journey began. For the next 12-weeks, I would eat less and reduce my sugar intake. I looked at the traffic light symbols on the side of food and plumped for the ones that had 2% or less of sugar. I found some superstars in the process! ASDA porridge (less than 0.5% sugar) and gin & slimline tonic which had much less sugar than beer. I discovered that tinned fish was a great tasting filler of a meal and Tesco own brand soup had regularly yielded a sugar content of circa 1%.

The weight just dropped off. I got addicted to the bathroom scales and quickly cottoned on that overnight I would lose around 3 pounds just sleeping! Add a poo to the equation and this could stretch to 5! Over the first 3 weeks or so I lost a stone. Or more visually 7 bags of sugar. Colossal! I must admit that I became a creature of habit and stuck rigidly to porridge

for breakfast, a tin of fish for lunch and soup for dinner. During another TV program I picked up the gem of a tip that not eating after 6pm significantly aided the weight loss program too. There appeared to be no downsides! Until that is I noticed that the number two motions weren't as consistent as usual. I was used to a hearty dump at least once a day that would always coincide with a good Facebook review and the odd Tweet. At this juncture, I was pooing at a rate of one every 3 or 4 days. My diet had changed considerably in a short time and my body was adjusting to the new normal. When I did sit on the throne it was hard work and it was akin to, as I imagined, birthing a Mulberry handbag and could last long enough to read The Times, Speedway Star and the online Notts County gossip in one engagement. But this aside, and enjoying the prolonged me time, I was a man on a mission and the weight continued to fall at an alarming rate. This 12-week kick-ass program was delivering the goods.

The waistline also joined in and I went from a 38 to a 36 to a 34 in the following weeks. Mistakenly putting on the larger ones once I became aware that I could have qualified as a stand-in clown with my own baggy trousers able to accommodate a plethora of cannonballs and other circus items. Purchasing new jeans was incredible and I couldn't resist passing an M&S without seeing if I could squeeze into the next size down. On my birthday, some 9 weeks into the program, in Belfast I did a 32! Sure, it was a minor squeeze, but I was in! Talking like Joe Pasquale for a day or so afterward seemed a small price to pay.

My fat face began to show some structure too albeit a potential turkey-neck look began to concern me a little and I wondered if I would have to wear a dandy cravat but then again I was in my fifties and my chiseled facial features more than compensated for any perceived faults in the neckline. To celebrate the 12-week anniversary I bought myself a new pair of jeans. I had to take a picture of the label and circulate it on Facebook. 30. I also tipped the scales at 13 stone 12 pounds. The only time in living memory that when I entered this data into the NHS BMI calculator the result was a green, healthy weight. OK it was on the extreme end of the scale but that was cause for a celebration with a couple of Gin & Tonics – at least!

Subsequent visits to see my diabetic nurse also turned into more pleasurable events and 4 months ago I was informed that if I kept the weight off I would be off the Type 2 register in February 2021. I also kicked into touch the Metformin many months ago.

Has my weight fluctuated? It can vary between 13 stone 9 pounds and 14 stone 3 pounds but keeping to the small portion regime of low sugar dishes of which I expanded to include, for example, chicken & mountains of vegetables, especially during the week, has allowed me to enjoy a meal out or takeaway at the weekend. Have I fallen out of love with food? Not at all. Indeed, I think it is important not to demonize food. It's just that I used to eat too fucking much! Did I become a gym monkey? Not at all. OK I joined a gym, but my attendance was on my terms as it's a pretty inefficient way to lose weight although overall health & wellbeing is more than just keeping an eye on what you eat. I even started to participate in the local park runs. Not too long ago walking upstairs would have been an effort. 5K is now commonplace and I can still regain my posture pretty quickly when I finish.

Is this the instruction manual for everyone? Of course not. We are all different and have various reasons to be pulled and pushed in life. Although the rule of 3, a maxim that I picked up on one of my many speed awareness courses, is a robust structure. It works something like this: Change your behavior for 3-days and you will notice a difference. Keep it going for 3-weeks and the behavior will become routine. Keep it up for three months and the newly learned behavior will become second nature.

My personal ideological planetary alignment occurred in a far-off continent when I felt my balls and happened upon a TV documentary. Inevitably your journey will be different but with effort and consistency it can be done. Just find your reason to start.

Oh, I nearly forgot to mention again the lumps on my balls. I got them checked out at the hospital shortly after my return from overseas and they were benign pockets of water. Nothing to worry about and are commonplace with men of a certain maturity.

I never knew that the answer to my immediate wellbeing was always in the grasp of my own hands. Happy fondling!

> **"IS THIS THE INSTRUCTION MANUAL FOR EVERYONE? OF COURSE NOT. WE ARE ALL DIFFERENT AND HAVE VARIOUS REASONS TO BE PULLED AND PUSHED IN LIFE."**

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